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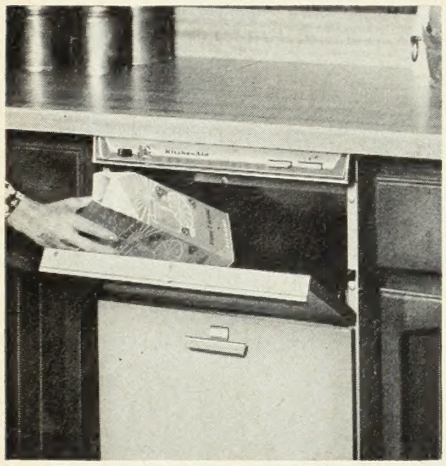
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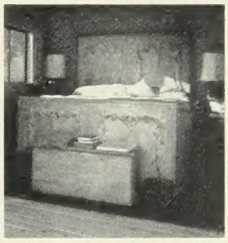
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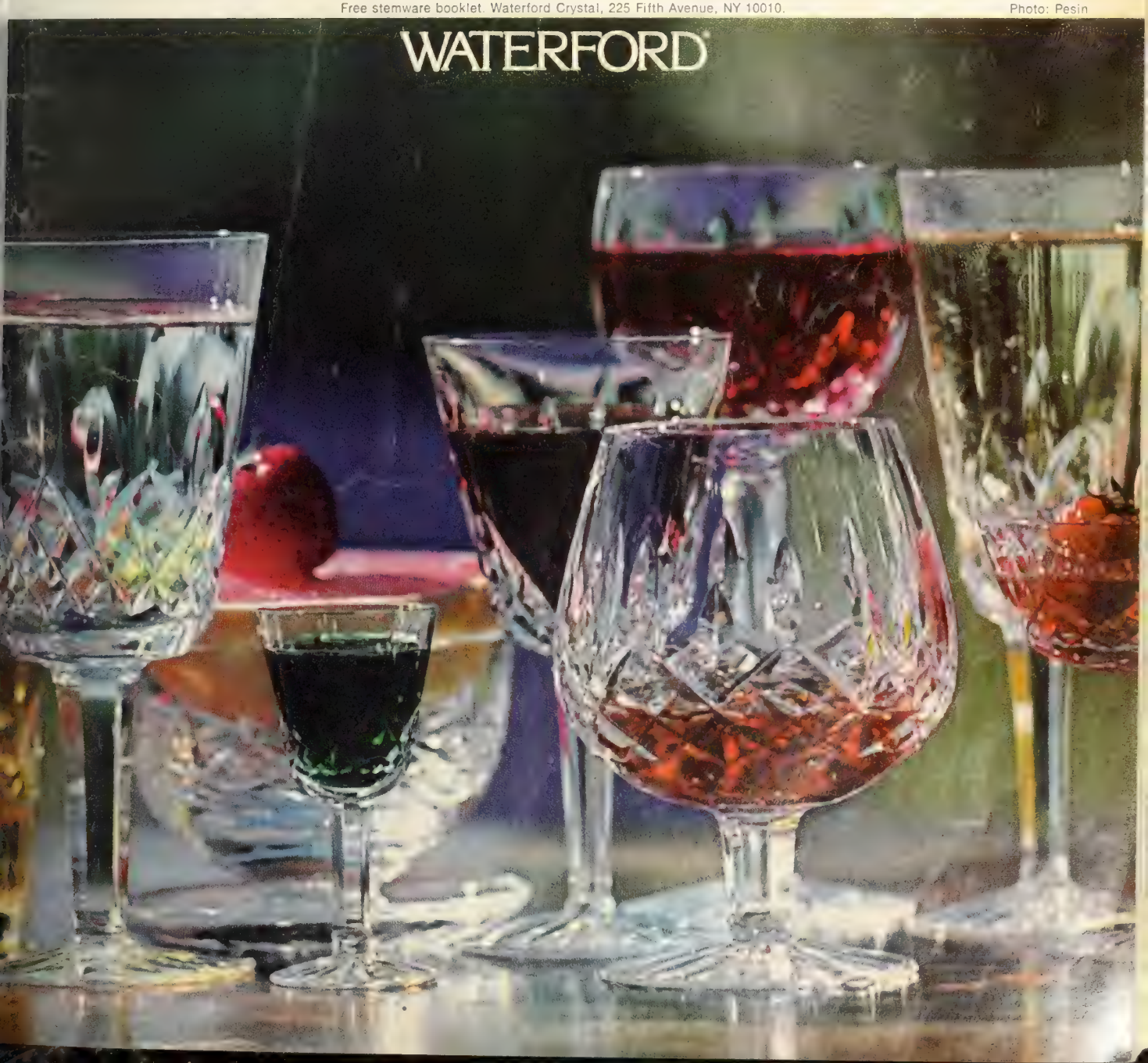
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interiors

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On the cover: Flowers everywhere, and lots of pin and white, turn a country sitting room into a sunny garden. Here, in the Pat Montandon/Alfred Wilsey house, roll-back chairs, lov seat, and a fireside ottoma pleated and buttoned, gather on a needlepoint rug Walls of rough-sawn wood and ceiling beams from an San Francisco pier have be whitewashed. Pink impatie and spiral floor lamps flank fireplace framed with Chine export plates. On the mante Staffordshire porcelain dog hydrangeas in a basket. Ro design by Michael Taylor. Architects, Charles Porter a Robert Steinwedell.

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Living

Decorating • Design • Plants
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LEWIN

Garden art

Viva verbena

Lemon verbena is a delightful herb from the Argentine-Chilean border. Crushed, its leaves emit a refreshing fragrance of lemon with overtones of sugar. Its scent is much sweeter than true citrus. Excellent in fish dishes, and, finely minced, in fruit cakes and other pastries, lemon verbena is a great addition to other citrus flavorings on your kitchen shelf. The fresh leaves can be steeped to make a mild, relaxing tea soothing to an upset stomach. Although the volatile oils in the leaves have not been completely analyzed, they are thought to be a natural tranquilizer. The plant grows well either in partial sun or under artificial light. Pot up in a medium-rich soil containing a teaspoonful of lime per pot. Water moderately, but never let the soil dry out. For new plants use cuttings, not seeds. If your local florist does not stock lemon verbena, plants may be obtained from Logee's Greenhouses, 55 North Street, Danielson, Conn. 06239; catalogue $2.

RICHARD LANGER



SHEILA CAMERA

Lemon verbena, fragrant healing herb from South America

Perfect setting

When you are entertaining in the Los Angeles neighborhood, the place to go for party table ideas is the Brass Tree, *above*. This shop, run by Mala Post and her daughter Diana (who has been designing tables since she was three) will show you how to do fabulous overscale arrangements. For example: A large bright yellow plate with royal blue grape design from Italy goes with large blue soup bowls, royal blue napkins in glass rings, and a great big bowl of blue cornflowers. Bread may be served in a clay pot, soup in glass bowls, wine in tremendous goblets. "We like the comfort of oversize things," says Mrs. Post, whose customers include Barbra Streisand, Carol Burnett, and Joanne Woodward. The Brass Tree goes beyond china and glass into cookware and clothes. "But it all has the same feeling. We never sell anything we wouldn't use ourselves; it has to be comfortable, casual, and elegant." The Brass Tree, 9044 Burton Way, Beverly Hills, Calif. 90211.



Mala Post and daughter Diana, right, in their Beverly Hills shop where table settings are changed almost daily.



"Alamo" Garden covered with clover, planted with sunflowers, daisies, roses, and ivy. Designed by Graham MacKenzie Gordon

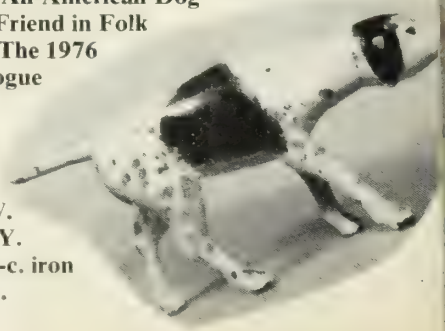
Growing greens

Building gardens is just as important as creating structures to architect Graham MacKenzie Gordon. Wherever he sees unused urban open space between buildings, particularly unsightly piles of rubble, he starts to crusade for a "greening." To date, he has rescued and transformed six spaces, the last, a delightful clover patch in New York City. Gordon seeks funds from the land owners, charitable foundations, and local people in the neighborhood, with often additional money coming out of his own pockets. More cities need this "earth sculpture," he says, to improve the vista and help the neighborhood spirit.

Help!

The dog has his day

As was often said, every dog will have its day—and it might be now! The Museum of American Folk Art is having another tribute to one of America's favorite pets—"The All-American Dog—Man's Best Friend in Folk Art"—through April 2. The 1976 cat exhibition and catalogue were sensational. "We expect the dog event to be even more popular," says curator Dr. Robert Bishop. 49W. 53rd St., New York, N.Y. 10019. Right: Late 19th-c. iron dog, Gilmore Collection.





KAYLEA BAKKER

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Living

Wise buys

If you want to use antiques or art, rather than collect them, Antiques and Art—How to Know, Buy and Use Them (Doubleday, $12) is an illustrated guide by Howard L. Katzander on buying old masters, how to read a catalogue and bid, distinguishing real from fake, thrift shopping, and other advice. Mr. Katzander is editor of the monthly periodical, International Art Market, which reports prices paid at auction, so he knows what bargains can be found. "The book is for the budget-conscious," he says, "who want to furnish their homes with good, useful things. I furnished two houses this way."

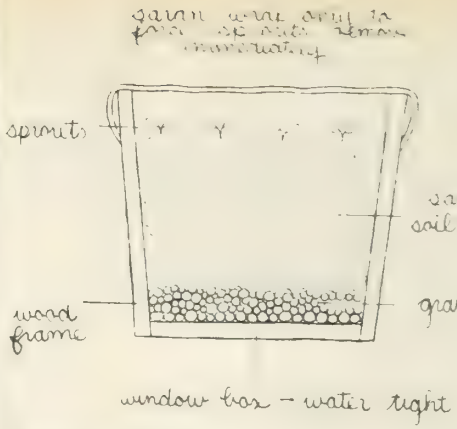


George II chair sold for $700 a pair. Today's copies may cost more

Health

Healing sounds

Music as therapy is being used to help the physically or mentally ill through hospital programs sponsored by the Musicians Emergency Fund in New York. A unique one-woman traveling band, Christine Fliesler, music therapist and mother of three, carries her guitar and pushes her shopping cart full of band instruments, puppets, autoharp, xylophone, and Mayan tongue drum, through the halls of Bellevue Hospital, helping children on a one-to-one basis as well as in groups. Details from Musicians Emergency Fund, 35 W. 4th Street, Room 778, New York, N.Y. 10003.



SHEILA CAMERA

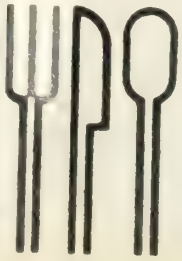
Hydroponics—simple gardening with soil substitute water, and nutrien

Water babies

Hydroponic gardening (hydro meaning water, ponics labor) is not a new way of gardening. A variation of it was used in the floating gardens of Xochimilco, Mexico before 1521, in 18th-century Europe, and in our own century it was brought into use as a method of survival in the Pacific Islands during WW II. The principle behind hydroponics is simple: It is growing plants in water without soil. The substitute for soil must be porous and can be a number of things, such as coarse sand, woodshavings, straw, or gravel. Water plus nutrients is the major ingredient in hydroponics. The soil substitute must be kept damp and in a sunny location. The main benefit of hydroponics, according to Malcol Lentz, pre dent of Hyd culture, Inc., Glendale, Ariz., w has successfully veloped a 7-day h droponic grass f livestock calle "Magic Meadows" "a higher yield and better quality." Y can begin a nice lit garden with a wat tight window bo Place gravel or ma ble chips an inch so at the bottom; po in soil substitute; a drops of liquid nut ent to your wate and water until moi then plant. Add n trients according table on nutrient co tainer. Keep addi water for aeratio *never* allow to d out.

Cuisine starts

You'll never fear making hollandaise again if you sign up for a four-day, all-day, cooking experience with Chef Jean Morel in the kitchen of his inn and restaurant, L'Hostellerie Bressane, in Hillsdale, N.Y., an easy 2½-hour drive from New York City. Arrive ready to cook by 10 A.M. on Wednesday. Bring warm socks—the kitchen is cold after being closed Monday and Tuesday—and comfortable shoes; you'll stand all day. Bring a pad (stenography books work well), pencils, and pens—no novels—you won't have time to read. By lunch, 2:30 P.M., your book will be filling up fast with leeks vinaigrette, cauliflower with mornay sauce, chocolate mousse, Greek mushrooms, vegetable duxelle, and potato pancakes—brown and crisp on the outside, whipped cream inside. You'll wish you had four hands to write recipes, notes, tips, and keep up with the teacher. "Write down everything I say," Chef Morel commands, "otherwise, by the end of the week, you'll be very confused." And next day you will make by yourself things you learned the first day! Lesson one—apron tying. The half apron is rolled at the waist 3 times; ties cross in back, tie in front. One of a never-ending supply of white towels tucks under the tie on the left side if you are right-handed, ready for grabbing hot pots, wiping hands, cleaning knives, counters. Wooden gratings underfoot keep you above spills and cushion your legs. Bring a work shirt to protect against above-the-waist spatters. Lunch with Jean Morel and his wife, Madeleine, who sees to the management of the inn, provides a relaxing hour in the sunny window of the bar. Talk, of course, centers on his food, your food, French food, etc. You will want to nap after lunch before reporting to the kitchen at 5:15 for tart duty. Don't; take a walk instead. The rolling countryside is a perfect counterpoint to the

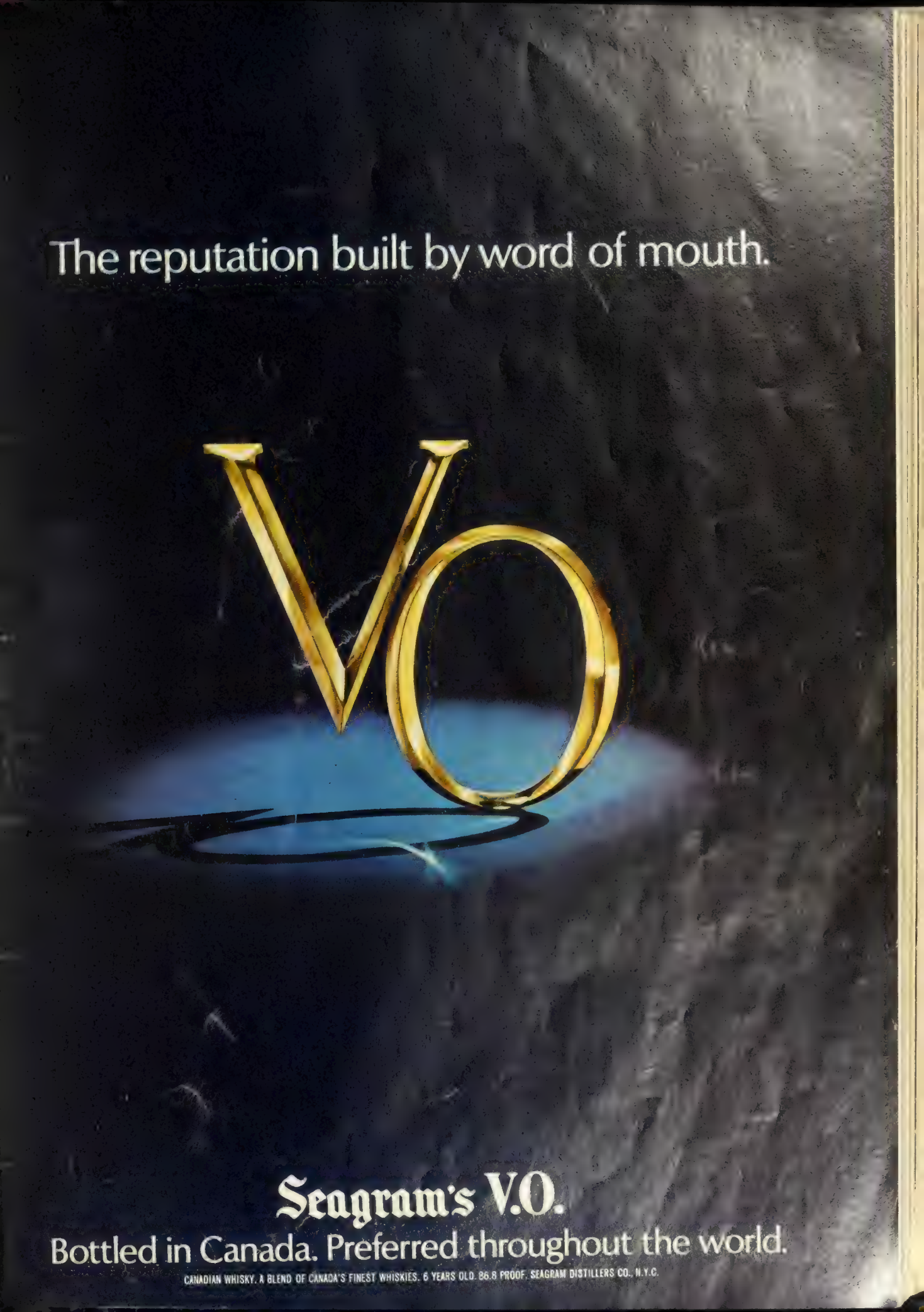




Chef Morel's L'Hostellerie Bressane built in 1758

rhythms of a professional kitch en. By Saturday dinnertime, a unofficial graduation, you wi have made soufflés, tarts (thre days of failure yielded 5 perfe crusts the last day), pastry crean coquilles St. Jacques, pea sou with sorrel, langoustine sauce plus learned how to dip you fingers in a boiling sauce witho burning them, cut onions fo onion soup, the secret of ever perfect hollandaise, the courag to cook without recipes at home For information write Chef Jea Morel, L'Hostellerie Bressane Hillsdale, N.Y. 12529; 518-325 3412. Four days, 3 nights, breakfast (somehow you find room) lunches (you honestly won't b hungry for dinner), $200.

The reputation built by word of mouth.



Seagram's V.O.

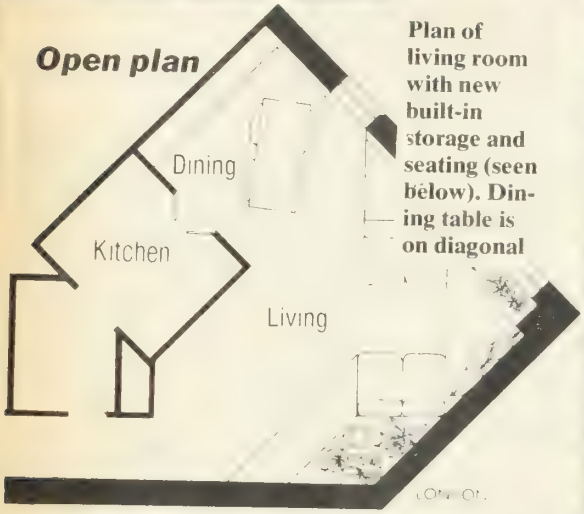
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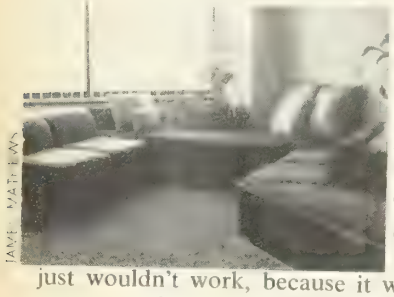
Living

Open plan



Plan of living room with new built-in storage and seating (seen below). Dining table is on diagonal

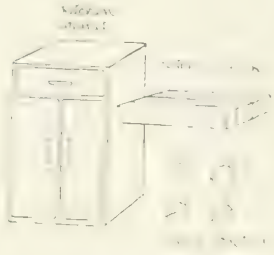
When a young professional couple first saw this modern apartment they thought the living room "impossible." Worse than a box, it was an awkward lozenge shape. But the apartment location was good, near to his laboratory, so they asked architect Daniel Goldner and his partner designer Judith Carrington to transform the space. "We knew ordinary furniture just wouldn't work, because it would take up too much space and we needed room for entertaining." The plan includes movable storage sections covered with carpet and seating "landscaped" into the room. Blue lacquered wood storage compartments reflect the river outside. Brown carpet and pillow seating create a strong contrast against white walls.



JAMES MATHEWS

Push cart

Your kitchen doesn't have enough work space? Simple solution: Buy an inexpensive metal cabinet from the hardware store. Spray-paint it to suit your color scheme. Mount it on four castors and place a slab of butcher block on top. This gives you a new counter that you can roll around the room wherever it's most needed.





Small treasure

America's oldest known doll house, built in 1744 and now exhibited in the Van Cortlandt Museum, Bronx, N.Y., has been faithfully interpreted and executed for kits by tapestry artist and art historian Deanna Vondrak. It's a 2-story, gambrel-roofed American Colonial house with 4 rooms and an attic. It stands 50 inches tall, is built to the same scale, is painted, has a deep drawer base that pulls through on both sides, and rolls around on wheels. That's for starters! There are also forty pieces of dollhouse furniture — from Queen Anne lowboy to Chippendale settee, pewters, porcelains, even an antique quilt to embroider for the canopy bed. (See H&G Living Nov. '76.)



EDWARD OLEKSA

Aubrea Mastro with Deanna Vondrak's assembled 50-inch-high doll house

The house comes with brass hardware, blueprints, and instructions, for $350. Assembled, it's $750 plus freight. Furniture is $200, or $1.200 with a 5-step refinishing process applied to each piece assembled. Or pieces may be ordered separately from a master list. Write Cantitoe Corners, 36 W. 20th St., New York, N.Y. 10011.

To the point

Tennis, jogging, biking, walking, sailin with strawberries, violets, mushrooms, ass ed flowers, patchwork, a rainbow or pai on your feet. Needlepoint kits with ful structions, pattern, and Persian wool, plus $1.50 postage. Have them mounted custom sneakers $14 plus $2.50 postage. Needles, 1283 Madison Avenue, New Y N.Y. 10028

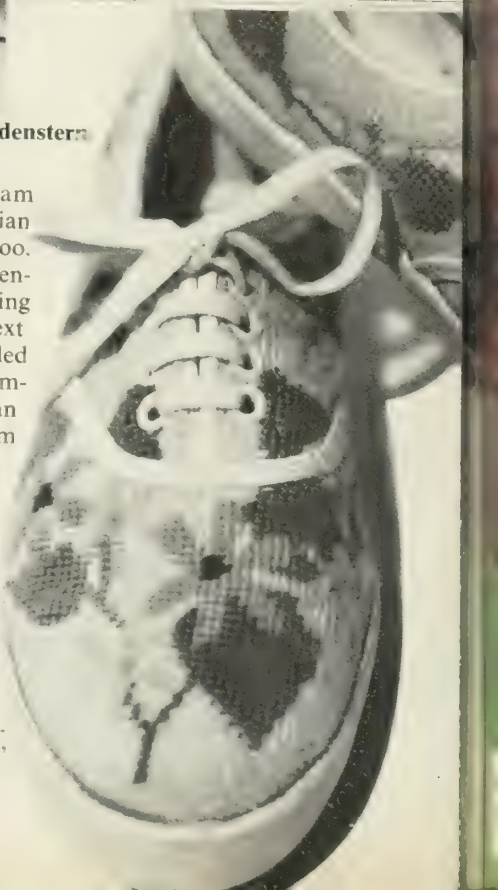


UWE GIELEN

Miriam Levenson and cockateel Gildenstern

Rare birds

"Pretty bird!" Miriam Levenson's Australian rose-breasted cockatoo, Rosencrantz, calls attention to her stunning plumage. "Rosie" has a cage next to Cicero, a single yellow-headed Amazon parrot and has a third companion, a peach-colored Moluccan cockatoo named Suleiman. Miriam Levenson keeps a check on her exotic brood for respiratory troubles. Otherwise, she says these "exotics" are easy to care for. You can leave them with enough food, mostly seeds, for a weekend. Some people keep birds because they don't need to be walked. If you do take them out, says Ms. Levenson, "stroll with a chain, it will save you nervous hours of retrieving your bird from a roof."




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(Continued from previous page)

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■ QUESTIONS & ANSWERS

ANTIQUES



BY LOUISE ADE BOGER

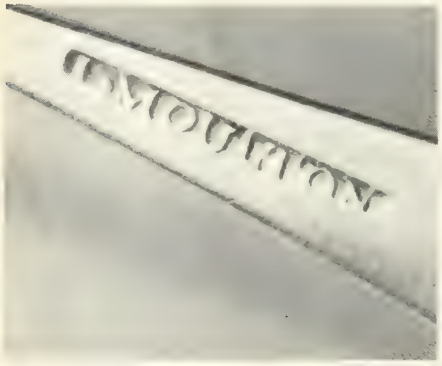
Staffordshire plate



From the photographs of my plate plus mark, what can you tell me of its origin and date? M.S.—Spillman, N.J.

The English Staffordshire potters Copeland and Garrett made your porcelain plate between 1833 and 1847. The fox-head in the cartouche may be the family crest, and the date on the British national flag may commemorate a family occasion, perhaps an anniversary. Copeland did special orders of this sort.

Moulton spoon



From the name on the handle of my old spoon, can you tell me who made it and from where it originated? L.P.C.—Watertown, Mass.

Joseph Moulton (1744-1816), who made your spoon, was a member of the Moulton family of Newbury and Newburyport, Mass. The Moultons practiced the craft of silversmithing for almost 200 years. The last representative was William Moulton (1851-1940).

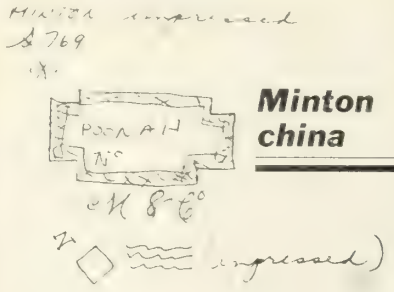
Mission-style chair



Our old oak chair has the name "Chas. Stickley" on the back seat. Can you give me any information about it? L.E.R.—Bay City, Tex.

Your Mission-style oak chair, dating about 1900-1915 was made by Charles Stickley, who was a brother of Gustav Stickley (1857-1942) the originator of Craftsman, or handcrafted, furniture in America. In all probability, your chair originally was fitted with a loose leather seat cushion.

Minton china



From the mark, can you tell me when and by whom my platters were made? What does "Poonah" mean? M.L.S.—Somerville, N.J.

The partnership, Minton & Co (M & Co) was active from about 1841-1873. The three wavy lines is the year cypher for 1865—so your platters or stands (for covered serving dishes) date from that time. "Poonah," which is the name of your pattern, indicates that it is decorated in the Oriental taste.

Continued on page 22

See the Baker Charleston Collection at these fine dealers.

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Strawn's Fine Furniture, *Little Rock*

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William K. English, *Mt. Carmel*
J. H. Harvey, *Stamford*

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J. Conn Scott, Inc., *Selbyville*

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R. B. Zachry Furniture Co., *Waycross*
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Ackemann's, *Elgin*
Colby's, *Chicago*
Marshall Field & Co., *Chicago*
Underwood Furniture Galleries, *Peoria*

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Innerspace, Inc., *Baltimore*

MASSACHUSETTS
Paine Furniture, *Boston, Natick*

MINNESOTA
Gabbert's, *Minneapolis*

MISSISSIPPI
F. A. Hulett, *Meridian*

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Stix, Baer & Fuller, *Westroads*

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Stuckey Bros. & Hart, *Spartanburg*
Them Furniture, *Charleston*

TENNESSEE
Bradford's Showroom, *Memphis*
Wellington Galleries, *Knoxville*

TEXAS
Browning Brothers, *Corpus Christi*
Gabbert's, *Dallas*
Joske's of Houston, *Houston*

WISCONSIN
P. A. Chapman Co., *Milwaukee*
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The "fancy" chair, reproduced from one of a set brought to Charleston from Europe in the late 18th century, is characterized by a hand painted scene on the back rail.



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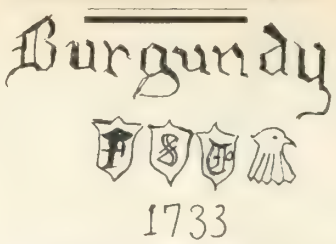
Argand lamps



I have a pair of Argand lamps. On one is a plate marked J & I Cox, New York. What can you tell me about them? Why are they called Argand lamps and how did they work? B.S.S.—Memphis, Tenn.

In 1783, Aimé Argand, a Swiss chemist, introduced a new principle in oil-burning lighting devices. He fitted a hollow cylindrical wick between two metal tubes, of which the inner extended down through and below the oil reservoir. In this manner, oxygen reached the flame from the interior as well as the exterior, making it brighter and more smoke-free. Argand's name became attached to lamps using this principle, such as your set in bronze. J & I Cox were well-known metal workers. The quality of the leaf carvings indicates a date of manufacture about the 1830s.

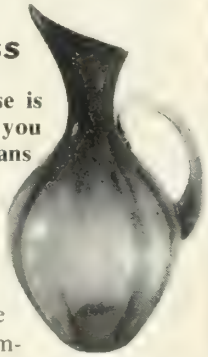
Connecticut silver



Can you tell from the mark who made my silver candlesticks? Does 1733 mean they were made in the 18th century? J.B.F.—Brandon, Miss.

The Forbes Silver Co. of Meriden, Conn. made your plated silver candlesticks probably about the mid-1890s. The 1733 is a factory mark, not a date. The method of electroplating was first used in 1840-41, the founder being George Richard Ellington of Birmingham, England.

Amberina glass



I'm told my glass vase is called Amberina. Can you tell me what this means and something of the background of Amberina? W.C.—San Marcos, Tex.

Your pitcher, made around 1900, is Amberina, probably the most popular of all art glass. Its beauty is the result of rich colorful shading, which goes from a pale straw-yellow at the base into a deep warm ruby red at the top. It was patented by the New England Glass Co. in 1883. Duplicate wares were soon turned out by other glass works. Edward D. Libbey of the New England Glass Co. kept the name Amberina when he moved the firm to Toledo, Ohio and changed the company's name to the Libbey Glass Co. He revived Amberina about 1900 and again about 1920. Today, all shaded glassware of this class are called Amberina, and it is practically impossible to identify the place of manufacture of most unmarked pieces.

Kuan Yin



Do you know who these figures represent and about how old they may be? M.E.R.—Bristol, R.I.

Your figures are representations of the Chinese Buddhist goddess Kuan Yin. She is known as the Goddess of Mercy and is seen at times with an upturned vase, representing the source of water that produces growth. She is also represented as the mother goddess holding a child or having a child near her. Your figures possess no significant age and are probably less than 100 years old.

Antiques show



These two chimeras, tomb guardians, Tang dynasty (618-906 A.D.), from the Ezekiel Schloss collection, will be part of a special loan exhibit of Great Private Collectors featured in the 24th annual Winter Antiques Show, January 28 through February 5, at the Seventh Regiment Armory, Park Avenue at 67th Street, New York, N.Y. 10021



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370 Nightwing. Martin Cruz Smith (Pub price **$8.95**)

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321 With Nixon. Raymond Price (Pub price **$12.95**)

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DOCTOR'S 20-DAY PLEASURE PROGRAM FOR HEALTH

Dr. Art Ulene, of NBC's *Today* show, gives his personal prescriptions for feeling fine in 1978 BY CAROLINE SEEBOHM



"There are nice ways to make yourself feel bett

■ "I don't believe in some of the goals that people set for themselves," declares Art Ulene, known to NBC's *Today* show viewers as the Feeling Fine doctor, and now author of *Feeling Fine* (Tarcher/St. Martin's Press). "Most programs of fitness demand perfection. You're not perfect. You can't be totally fit and perform maximally all the time. I think we should set a different goal for ourselves—just to *feel a little better each day.*" To do this, he has come up with a 20-day program ("long enough to make it a part of your life," he says), which involves four physical and mental activities:

GROWING PLEASURES—learning to achieve your goals and express yourself spontaneously

UNSTRESSING PLEASURES—finding out what is causing your stress and learning to relax

EATING PLEASURES—how to make less food look like more; the SCS Plan (Substituting, Cutting, Skipping)

BODY PLEASURES—stretching your muscles, enjoying a bath and shower, becoming aware of your body.

Each day, Dr. Ulene suggests you increase your pleasures in any or all of these categories until you really feel fine.

Examples of *growing pleasures* are: taking time out to be alone; telling your husband or kids how much you appreciate them; enjoying a treasure (such as fine silver, wearing your best clothes) instead of storing it or saving it up; doing something you've always believed to be taboo (like eating steak for breakfast or seeing 3 movies the same day). For *unstressing pleasures,* Dr. Ulene suggests relaxation exercises, deep breathing, "whole body relaxation," meditation, concentrating on controlling your tension, and guided imagery (which he talks about in detail below). *Eating pleasures* include eating fresh or frozen fruits, not canned in syrup; substituting, for instance, poached or soft-boiled eggs for scrambled (save 15 calories per egg), 1 slice of whole-wheat bread for a corn muffin (save 65), cutting down on foods (1 egg instead of 2), and skipping high-calorie foods—have the coffee but skip the sweet roll, for instance; and for *body pleasures,* Dr. Ulene recommends limbering-up exercises, self-massage, and washing your troubles away in the bath.

The most interesting aspect of this program is the use of the word "pleasure." "We have developed this idea that for anything to be good for you it has to hurt," Dr. Ulene says. For example, "if you jog a mile you've got to be in pain at the end. What I've learned through the medium of my program and through my own life experiences is that there are very nice ways to make yourself feel better. It doesn't hurt to order fish or fruit for lunch instead of hot dogs and soda."

Dr. Ulene, like many doctors today, believes that stress is responsible for 80 percent of patients' problems presented in a doctor's office. "Their problems are in essence physical or physiologic manifestations of stress. Yet no one ever deals with the stress. In the medical office a doctor writes a prescription."

One of Dr. Ulene's most unique contributions to the problem of stress is what he calls "finding a friend with

Continued on page 26

THE SIMPLE PLEASURE OF TIME ALONE

One of Dr. Art Ulene's most helpful exercises for growing pleasure is taking a break to be alone. "Just spend 5 or 10 minutes away from your chores," he says. "It doesn't matter when or what you are doing." Here is the exercise: Take 5 or 10 minutes out of your day to do nothing. No work. No problem solving. No guilt. Just the pure pleasure of a few serene moments alone. If you worry about finding the time, here are some tricks to help you:

1 If things are too hectic at home or at work, take 5 or 10 minutes alone *before* you get there. If you drive, pull off to the side of the road for your reflection pause. If you use public transportation, get off one stop early.

2 Skip the usual coffee break at work or use part of your lunch hour. Spend the time alone.

3 If you'd rather do your thinking at home, reserve a few minutes for yourself at a regular time—just before dinner, just after dinner, or right after the children go to bed. You'll find your family will respect your time alone and let you be by yourself for those valuable minutes.

4 If there simply isn't enough time in the day, get up 5 minutes earlier. It's worth the loss of sleep.

During those minutes alone, just sit quietly and feel the moment. "Let that feeling fill you completely," says Dr. Ulene. "Enjoy the luxury of it and see how much better you will feel afterwards—a true growing pleasure for the spirit."

HOW TO TAKE A MIND TRIP

■ **Close your eyes in a comfortable chair and breathe deeply 3 or 4 times.**

■ **Imagine yourself in a special relaxing place. Make the picture as vivid as you can, and put yourself into it, becoming aware of colors, breezes, smells, sounds.**

■ **Slowly look around your relaxing scene until you spot a living creature. Don't be surprised by what you find. It could be anything from a zebra to a whale. (Dr. Ulene found a rabbit when he first looked. Now he's there every time the doctor is.)**

■ **Move in closer on the creature. Ask it to move closer to you.**

■ **Now that the creature is up close, start to get acquainted. (It may sound silly, but it works.) Ask it a question. What is its name? Believe it or not, you'll get an answer. (Dr. Ulene's rabbit is named Corky.)**

■ **Now talk with your creature. Tell it what's on your mind. Are you worried? Tell it anything you like. Then, when you've finished, it's time to say goodbye and return to the real world again. Promise your creature you will return again. You have made a friend. Then slowly open your eyes.**

"Talk with your imaginary crea-e, tell it what's on your mind."
—Dr. Art Ulene



THE SEAGRAM'S GIN GOURMET MARTINI.



Marinate a pearl onion, an olive and a button mushroom in vermouth. Make it into a Kebab and put it in your martini, made with Seagram's Extra Dry Gin, the real secret behind the perfect martini.

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continued from page 24

guided imagery." Guided imagery is b coming very popular with psychologis these days—it is sometimes called "mir trips" and relates to other relaxatio techniques such as meditation or bi feedback. To find a friend with guide imagery, Dr. Ulene asks you to follo the technique on page 24.

Dr. Ulene knows that this mind tr hardly makes any sense. "But I can ta to my rabbit Corky and my rabbit h immediate, clear answers to my pro lems," he says. "Things that may puzz me suddenly become clear. It's an e traordinary technique. Basically wh you are doing is using the side of yo brain that you use at night when yo dream—that's the side that works wit imagery. It works much faster than th logical side and probably comes muc closer to your real feelings."

Dr. Ulene's work brings him ver close to the people of America. He ge thousands of letters a week, and he say that many of them deal with question about drugs. "The drugs doctors pre scribe to people to make them feel bette are making them feel worse, and tha makes them frustrated. Another ver common problem is that most frequen of stress symptoms, the headache. W had about 20,000 letters after a head ache series."

Dr. Ulene's advice to headache suf ferers is to try to find their triggers rather than to approach the symptom alone. By "triggers" he means the caus of the stress—for instance, you get traffic ticket, your check bounces, th lawn needs mowing, and so forth. He recommends that you make a list of al the stress triggers in your life, leavin nothing out: money, work, family friends, leisure, even your lawn. It may take several days to think of them all He then points out that there are three ways of dealing with that list:

1. You can remove the cause of you stress from the environment.

2. You can remove *yourself* from th stressful environment.

3. You can meet the stress head-on then try to cancel its harmful effects on your body by using relaxation techniques.

Simple? Dr. Ulene believes in com- mon sense. He also believes that people want to help themselves. "There's more hard data now to show that it really pays to take care of yourself. A California study found seven independent factors, each of which adds significantly to life span and physical status. They sound simple but they are very significant:

- eating three meals a day
- not snacking between meals
- staying close to your ideal weight
- sleeping 7 or 8 hours a night
- not smoking

Continued on page 28

STANLEY NTRODUCES FURNITURE FOR MRS. MEG HEALEY.

Chatham, New Jersey



You'd think Stanley had read my mind. I mean, their Simplicity collection is like a dream come true. It starts with a mix-and-match wall system that gives me all the storage I've ever wanted. And you never have to fasten it to the wall . . . hidden levelers and clamps keep it straight and steady. Along with these modules go marching tables and chairs, dressers, and chests for lovely dining, living, and bedrooms. But best of all, Simplicity's real! All wood, with gorgeous elm veneers, and so reasonably priced. It's the kind of furniture I've always talked about. And Stanley heard me!

Stanley Furniture
a Mead Company

• dresser sells for under $400. • or a free
chure on Simplicity, write to Stanley Furniture,
ot. A 3, Stanleytown, Va. 24168

Good looks and good health
continued from page 26

Beauty and health products new this month in the stores

One of the all-time top hair stylists, *Vidal Sassoon*, has brought his hair-care know-how within reach of everyone. Called "Hair Basics," it's a complete group of treatment products that help you combat the damaging effects of the blow-drying "heat wave." One of the five products is **Protein Hair Treatment,** a fast-working formula that contains micronized proteins and moisturizers that fill out hair strands and end up smoothing out the texture. Even thick, naturally curly hair gets help, because the protein barrier helps it to resist the frizzing effects of winter dampness. It comes in a 6-ounce bottle for $15 or 3 ounces for $8 at Vidal Sassoon Salon, 767 Fifth Ave., New York, N.Y. 10022, or at many department stores across the country.

So you love your new boots and are taking every opportunity to walk like mad and break them in. Until those boots have softened, your feet will toughen considerably, so here's help from the *3M Company*. Its nylon Buf-Puf was designed to be soft enough for your face, so the new **Buf-Ped** will find itself applied to more resilient parts of the body —heels, elbows, and palms. The material is nonwoven polyester, contains no chemicals, and rinses clean. $2.98 at drugstores everywhere.

If you're wondering what to use to wash your feet with the Buf-Ped, try *Clinique's* **Body Sloughing Cream.** It's a slightly grainy, water-soluble cream that helps remove surface debris from the skin all over your body—especially effective for toes, feet, and ankles. $6.50 a generous jarful. And here's a tip: If you've had a busy, run-around day with more coming up for evening and no time to relax in a tub, wash your feet. It's as simple as that. The lift lasts for hours, speeds refreshment through the whole body.

Two new protectors for skin that will be facing winter sun and all its reflections: Waterproof **Solar Cream** is a delicately tinted, maximum protection sunscreen cream for sensitive, dry skin. The formula is light enough to use on face, neck, hands, and legs if you're lucky enough to be skiing in short trousers. Solar Cream is $5 for a 1-ounce tube, by *Doak Pharmical* and is part of the Formula 405 group of skin-care products. Another helper, **PreSun,** has moisturizers in it, a great improvement which in no way reduces the effectiveness of the sunscreen. PreSun is available in liquid or gel formulas, by *Westwood Pharmaceuticals*, from $3.75 to $5.25 at drugstore counters everywhere.

If you like the convenience of guest soaps, you'll love *Neutrogena's* **Soap Miniatures.** The more-than-a-foot-lon box holds 30 half-inch slivers of i famous glycerine soap. Perfect for trave ing, and since they're square, just righ to stack up for a guest bathroom whe you're having a large party. $8.95 for th whole box at drugstores and fine depar ment stores.

The **Brush-On Lips** are new for winter gloss and lipstick in one. Goes on wit a tiny brush, lasts for hours, comes in 1 colors—some frosted, some not—one o the sleekest, sexiest looks around. $2.5 each by *Helena Rubinstein*.

PAULA RICE JACKSO

Astrological guide to your fragrance

The sign: **Capricorn**
(circa December 22—January 19)
Element: **Earth**



Capricorns love to build. They have the ability and the drive for planning and organizing, whether the project is a bridge, a business, or a beautiful house. The key phrase is "I utilize." Rooms that use the color of plants and ornamental minerals refresh and reward their senses. A fragrance such as rich and earthy **Bakir** by *Germaine Monteil* makes the atmosphere complete. For the conservative Capricorn male, the aristocratic **4711** is always correct. The discriminating modern blend of herbs and spices in **Aramis 900** works as a personal background for both men and women.

MARIA REACH

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For the names of dealers in your zip code area and a full color 60-page book on decorating ideas for Traditional, Early American, and Contemporary decor, send $2.00 to Elaine Lawson, Clayton Marcus Co., Hickory, No. Carolina 28601.

20-day program for health
continued from page 26

- if you drink, not drinking more than 2 drinks
- walking or working in the garden every day.

"Men who do those seven things live 11 years longer than men who do three or less. Women who do them all live seven years longer than those who do three or less. We are now telling people that if you walk you'll live two years longer than those who don't. That makes them pay attention. And they want to know why. If you don't have a good explanation they'll stop. Well, we're learning why. Walking lowers the triglyceride levels in your blood and that protects the arteries; and walking trains the leg muscles, reducing the work load on the heart by 10 percent. So why not walk?"

Why not indeed? And as a special tip to House & Garden readers, Dr. Ulene's message is simple, as always: "Tend your garden every day. That way you're not only doing your flowers a favor but also your life span." What better way to enter the New Year than with such a pleasurable resolution—and start feeling fine! ■

Drawing on page 24 Copyright © James Thurber © 1971 Helen W. Thurber and Rosemary Thurber Sauers. From [illegible] published by Harcourt Brace Jovanovich

Merit Ending Low Tar Apathy.

Taste delivery of 'Enriched Flavor'™ tobacco boosting appeal of low tar smoking.

Time after time, smokers would try the latest low tar cigarette hoping *this* time they'd get taste. Enough taste to make a change.

Most were disappointed.

After years of trial and error, it began to look like no cigarette would ever break the mold.

Then one did.

12-Year Technology Succeeds

The cigarette: MERIT.

The development: 'Enriched Flavor' tobacco. A technology breakthrough that resulted in *a way to boost flavor without boosting tar.* © Philip Morris Inc. 1978



LOW TAR-'ENRICHED FLAVOR'

Taste tests proved it.

Delivers Taste of Higher Tar Cigarettes

Both MERIT and MERIT 100's were tested against a number of higher tar cigarettes. The results were conclusive:

Overall, smokers reported they liked the taste of both MERIT and MERIT 100's as much as the higher tar cigarettes tested.

Cigarettes having up to 60% more tar!

Only one cigarette has 'Enriched Flavor' tobacco.

And you can taste it.

Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Aug.'77
100's: 12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT
Kings & 100's

(Advertisement)



What Have the Past Few Years Done to Your Looks?

Like so many women today you've changed over these past few years. With kudos from your husband and children you've gone back to school (you'd always wanted to). Or you've taken a job (you're terrific at it, too). Or you may have become involved in local politics (you can actually take the floor now without blushing).

Doing new things has given you a whole new perspective on yourself. In fact, you're simply not the same person that you were, and that's a very exciting feeling. But what about your looks? Perhaps you're having the first real conference with your mirror that you've had in years. Does it seem to be whispering, "Look at those little wrinkle lines...do you really think other people don't see them?" Or, "Tennis or golf are great for your figure but your skin is beginning to look dry and a little weatherbeaten. Don't you mind?" And guess what? You do mind... you mind quite a bit. Once you became more aware of the world out there it made you feel younger. No wonder you say to yourself, "Why shouldn't I *look* younger, too?"

Bravo. Why shouldn't you indeed. So before another day goes by, discover for yourself the secret shared by fortunate women from Stockholm to San Francisco and beyond ...the secret of a mysterious beauty fluid that can help you look younger as it minimizes dryness.

Known in the United States as Oil of Olay beauty lotion, this incredibly light, silky and non-greasy fluid lets your skin live in its own moist climate.

Just smooth Oil of Olay on your face and throat. You'll be amazed at how quickly it penetrates, bringing a wealth of pure moisture, tropical oil and precious emollients to help your skin maintain its natural moisture balance.

Within moments your skin becomes softer and more supple. There's a luminous glow again. (Did you think it was lost forever?) Those little wrinkle lines can begin to show less...and yes, all that can help you look younger.

Think how you'll feel when others notice. Your husband, especially. He may tell you that you look marvelous, or you may read it in his eyes. Isn't that one of the small sweet moments in a marriage?

Like most Oil of Olay lovers you'll probably want to make a pleasurable little habit of the beauty fluid. At bedtime stroke it on to mist your skin into the night. Remember, it's so non-greasy, moments after it disappears into your skin all you feel is velvety softness, all you see is a dewy, radiant look.

In the morning gentle on Oil of Olay again. It's fabulous under makeup (you barely have to wait to skim on your cosmetics). And on a day you'd like to take a makeup break, go ahead. With Oil of Olay you can still look fresh and glowy.

Now that you know how Oil of Olay® can care for your looks, shouldn't you welcome the beauty fluid into your life for the coming years.

DEAR HOUSE & GARDEN..

Answers to your questions. Here we share some interes ing letters from our reader

Binding finds

Re: "Book Art" [October 1977]—I gi up! Art-supply stores up here don't ha bookbinding cloth. Do you know of mail-order supplier?

—B.M., Fort Edward, N.

Yes, bookbinding supplies and too from cloth and glues to papercutters a presses are a specialty of the Basic Cra Co., 1201 Broadway, New York, N. 10001. It also has leather, gold-tooli supplies, and hand-decorated endpape from England and France. Its catalog is free.

Call to catering

I loved the June, 1977 story on Martl Stewart. I too am interested (very muc so) in catering, but I can't decide what to charge.—J.A., Gravette, Ar

The market for catering varies fro place to place, so Mrs. Stewart sugges you weigh these questions: What c you produce at a profit that local peop would be most likely to buy? How muc money per hour would you—and ar helpers—want to earn? What would yo other costs be? Do check your loc health department on permits, tow clerk on zoning. An accountant hired the start can analyze costs, set up book and establish a pricing system. Ren light, heat, depreciation on equipmen insurance, legal and accounting aid ca be broken down to a cost per day an charged for according to the days neede to fill any order. It's a good idea to avoi long haul or hired deliveries. A pep tal you might read is Jeffrey Feinman's *Ho To Make Money In Your Kitche* ($4.45 ppd. plus tax where applicabl from William Morrow & Company, 10 Madison Ave., New York, N.Y. 10016)

Screen oriented

Where might I find material for coverin Japanese screens with 20-inch-wide pan els? —P.M.D., Pittsburgh, Pa.

There are many Oriental-inspired pat terns from fabric manufacturers such a Brunschwig & Fils, China Seas, F. Schu macher, or Scalamandré that woul work for your screen. You might also consider geometric-patterned brocades which the Japanese are famous for. Such designer fabrics can be seen through an interior designer or the decorating service of your local department store. ■

Why most draperies look better in magazine pictures than they do in your home.

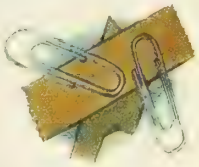
These pros can make any drapery look great.



At a busy photo session, there may be a fussy photographer, stylist, ironer and other folks around.

Their job is to make the draperies look like a picture before they take the picture.

What do tape and paper clips have to do with lovely-looking pleats? One trick for getting picture-perfect pleats is to use two-sided tape and paper clips behind the draperies.



Of course, this method isn't too practical in your home, because pulling the draw cords ruins the effect.

Besides, it looks kind of silly from the outside.

If all else fails, there's always the retoucher.



Our drapery looks great all by itself.

With Spring Crest draperies, there's no trick to having lovely, uniform pleats.

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What's more, as members of the **HOUSE & GARDEN** Color Program, our dealers have the very latest color facts.



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Beautiful.



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A hidden design is the secret. And Spring Crest has it.



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Draperies that hang like a picture.

BY RICHARD LANGE

HOW TO GET A GREEN SPLASH IN A DARK ROOM

GARDENING BY LIGHTS



Penny Allan's light garden flourishes under four 40-watt fluorescents

House plants, in dark winter months, miss the sun even more than we do. The plain fact is that much of the interior illumination by which people live is not sufficient for plants to thrive. For some species this means simply a long somnolence during the winter, when growth stops; the plants merely wait for the illumination level to rise again to something more comfortable. For other species it means a sleep from which they never recover, and their indoor gardeners feel as if they're all thumbs—brown ones at that.

For those plants, and their caretakers, there is a remedy: light gardening. But light gardening can be much more than merely supplemental illumination for better plant growth. Growing plants under artificial lights lets you put a living, verdant splash where you need it most—in rooms where there are no windows through which to gaze at the greenery beyond. Hallways, stairwells, basement playrooms and all kinds of unexpected places in your house can take on new life with light gardening, and with energy-efficient fluorescent bulbs the electrical cost is really not that great. With a self-timer to turn the lights on in a basement playroom, for instance, you'll end up using very little more electricity than you do now, especially considering the fact that at least once a week someone probably forgets to turn the lights off before going upstairs.

Light bulbs such as cool white, warm white, and Duro-Lite's Vita-Lite and Natur-escent have been around for quite some time now. They induce good plant growth without the wild purple discotheque look the old-fashioned plant lights radiated.

Light gardening can be very successful when you use imagination in positioning illumination. Use a spotlight, for example, to accent a single plant. Or create corner gardens with *vertical* fluorescent lights, 4-foot tubes in a floor-to-ceiling formation, for instance, to transform a dark part of your house into a lush paradise. Vertical light gardening permits you to grow tall plants without ending up with lush tops on bare flagpoles, which happens if you place lights in a more conventional position. The light from fluorescent bulbs is most effective when a plant is 6 to 16 inches from the tubes—an impossibility with anything but the tops of big plants under horizontal bulbs. Vertical is your solution when growing, for example, a 6-foot lemon tree you want to keep branching and full. Recent research has thrown new light on the way plants energize themselves for growth. When the undersides of plant leaves are exposed to light, the plants grow faster and produce up to 30 percent more flowers.

Continued on page 123

Sun substitute for greenery

Below left: Vertical fluorescents give plants light from bottom up—here, Bright Stik Gro and Sho beside hanging plant. Below right: Spotlight keeps green plants lush strong enough to make flowering plants bloom. Wonderlite bulb, Swivelier lamp. Shopping information, page 122.





6 to set under the light

Credit where credit is due. **AFRICAN VIOLETS,** probably the most popular of the light-garden plants, are also the ones that started it all. Discovered in the 1890s, the African violet did not really become a popular house plant until the early 1940s, concurrently with the mass marketing of fluorescent lights. The two were put together almost immediately, and they've been inseparable ever since. The plant has been hybridized into thousands of improved varieties, the light has had its emission spectrum balanced for better plant growth; and if you start with healthy specimens, the combination is about as foolproof a one as you can find. Keep the plant tops within 10 inches of the lights. Keep the rich, humusy soil evenly moist and fertilize regularly with a high-potash supplement. That's all the plants will need to keep blooming.

BEGONIAS have more variety to offer than most people realize, from giant angel wings to velvety rhizomatous species and the ever-blooming *semperflorens*. They make striking additions to any light garden. And because they are basically low-light plants, they can do quite well at the shadowy edges of your artificial sun. They do insist on high humidity, though, so mist regularly. Better yet, grow your light plants on a pebble tray filled with water (but not high enough to touch the pots). This will raise the humidity around your greenery, keeping leaf edges from turning brown. All begonias, except for the tuberous varieties, which are tricky to grow indoors, will do well under lights.

The brilliant green-leaved **DWARF POMEGRANATE** is a pleasant light-garden novelty, with its tiny blossoms and diminutive red fruit. Keep the tree close to the lights, and keep its soil evenly moist at all times. Misting is highly recommended to lessen the likelihood of spider mites. If you want the fruit, wait till the flowers are open then blow gently into them to aid in pollination. Don't whistle at them too often, however; a couple of pomegranates per indoor bush is enough. Too many will sap the plant's strength.

IVY is rarely associated with light gardens because light gardeners are usually after flowers. Nevertheless, an ivy vine provides an excellent means of covering up part of the light fixture. And growing well at the outer limits of your light garden. As it does, it will frame the garden pleasantly in greenery. Keep it away from the part of your light fixture that gets warm *(Continued on page 123)*

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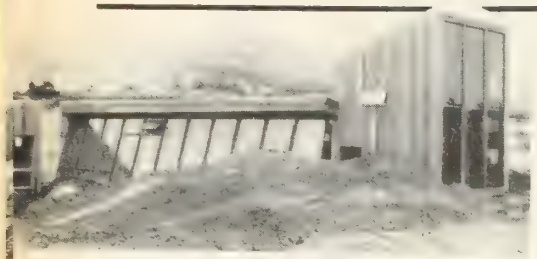
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FOR PEOPLE WHO WANT TO LIVE IN GLASS HOUSES

BY SANDRA ODDO



Warm air circulates naturally from greenhouse to living area. David Wright house.

The greenhouse is one of man's oldest gardening inventions and greenest luxuries. The Romans sliced up mica to build transparent shields between the weather and their plants, houses in which the growing season was just a little longer. As glassmakers worked in color, creating wondrous rose windows for the cathedrals built during the long years between the fall of the Roman Empire and the rise of the Renaissance, they also made clear glass, and many a monastery used it for greenhouses in which to start the season's seedlings. The Chinese have long known greenhouse use. It is, in fact, a technology so established that for years nobody thought much about them: "A greenhouse? Ah, yes, stick up four walls and a roof, only make them of glass and perhaps add a few vents to get rid of the extra heat."

The energy crunch, past and to come —that friend and spur to practical thinking about the ways we can find to live in comfort and harmony with the real world of sun and seasons—has prompted a new look at greenhouses. People across the country and around the world are tinkering with variations that can increase the pleasures and decrease the energy costs of living under glass. Partly as a result, it looks as if a greenhouse may be part of many people's energy-conservative future. They can be low-cost as well as luxurious. They can even be designed to help add heat to the house.

New greenhouses

How do you build them to save instead of spend energy? First, face south. That's where the sun shines longest—and even more directly in winter, when you need the heat, than in summer. If you want to attach the greenhouse to the house, and the house doesn't face south, it's often possible to twist the greenhouse a little for better exposure and an interesting architectural shape as well.

If you're building a new house, as well as a greenhouse, you might want to consider incorporating the greenhouse into it. Dr. J. Douglas Balcomb, director of Los Alamos Laboratories's solar research, lives in a house designed by Sun Mountain Design and built by solar developer Wayne Nichols, that *is* a greenhouse. The rooms curve around a two-story green and open airy glazed space that serves as garden and living room—and winter heat source for the house. Douglas Taff of the Vermont architectural and engineering firm, Parallax, is designing moderate-cost ($55,000 or so) houses for which the built-in greenhouse and the south windows of the house supply 50 to 60 percent of winter heat.

As you begin to imagine your glass house, think carefully before you make *everything* out of glass. Bill Yanda, author with Rick Fisher of *The Food and Heat Producing Solar Greenhouse* (John Muir Press, Santa Fe, $6.00), is now touring the country for the U.S. Department of Agriculture, conducting workshops in which he teaches people how to build their own solar greenhouses. He discovered solid greenhouse walls almost by accident. "My wife Susan and I built a pit greenhouse—dug a hole for the bottom part to take advantage of the earth's natural insulating properties—mainly to extend the northern New Mexico growing season," he says. "Then we started recording plant growth rates, germination periods, and production, and found we had something pretty remarkable." Because the greenhouse produced more heat than it needed or wanted, the Yandas decided to attach their next one to the south side of their house, and to use adobe—earth bricks, a popular New Mexican building material—and insulation to simulate the heat-holding properties of the earth. The house, then, could use that extra heat during the sharp New Mexican winter.



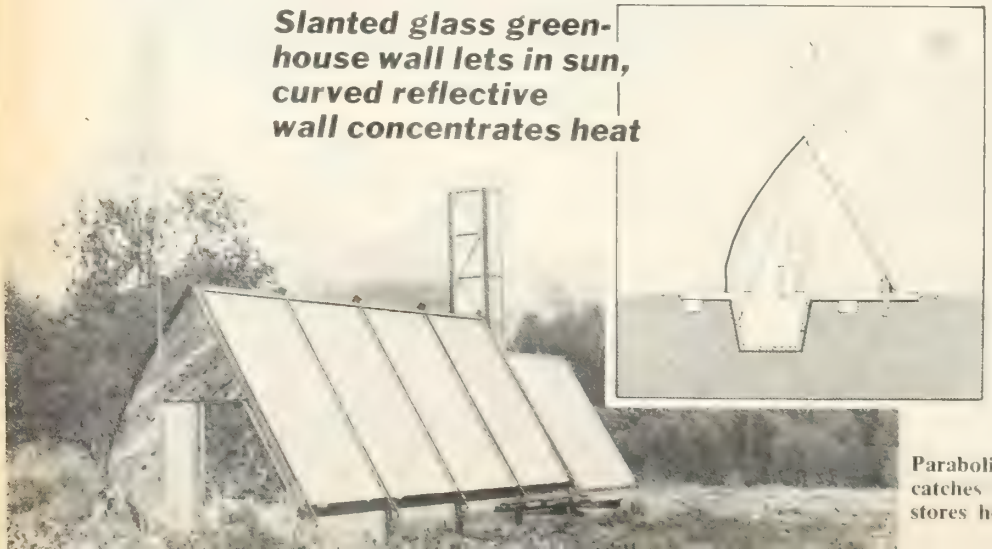
Mylar-coated stretched on of Styrofoan ers curved r ing wall. Pra

Which walls should be solid? The north wall, definitely. It makes a lot of sense if the north wall of the greenhouse is also the outside wall of the house—and if that wall includes windows or a door to help let the heat in or out.

The less sunlit portions of east and west walls should also be solid, and insulated. Sunrise and sunset hours are fairly short, and the sunlight is often cool, so east and west walls may lose more heat than they bring in. Most sun enters a greenhouse from the south, but even the lower foot or so of the south wall, where the plant beds might be, could be solid and tight. Mr. Yanda strongly recommends insulating with rigid polystyrene under the concrete floor, to keep heat from leaking away into the earth. If you do it yourself, a well-built, thermally efficient, simple greenhouse might cost from $2.50 to $3 a square foot, he says. If you hire others to build for you, the cost might be from

Continued on page 39

Slanted glass greenhouse wall lets in sun, curved reflective wall concentrates heat



Parabolic north wall of Pragtree Farm greenhouse catches sun's rays, water in 4,800-gallon concrete pit stores heat—an experiment in organic farming.

Sandra Oddo is editor of Solar Age *magazine. Illustrations are by courtesy of* Solar Age.

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Why do the best artists wind up in jail?

In Billings, Montana, it's a real pleasure for fine artists to wind up in jail because the town's old jail house is now The Yellowstone Art Center.

The two-story brick structure dates back to 1884, but in 1961 the little red jail barely escaped the hands of the wrecking crew when art-loving citizens of Billings persuaded the county to remodel the old



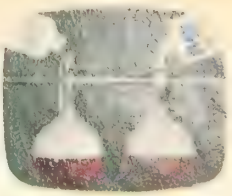
jail as an art center . . . and business and labor leaders backed the effort.

Today the Center continues to serve the community with year-round exhibits, lectures, classes, workshops and community programs. It's just one example of how old buildings are getting a new lease on life.

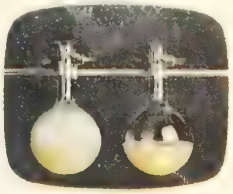
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ive in glass houses
ontinued from page 36

10 a square foot up, depending on design and materials.

Think carefully about the shape of the reenhouse. A four-square imitation of he profile of a house, upright walls, itched roof, is not always best for a reenhouse, particularly in more northrn latitudes. Thomas A. Lawand, director of the Brace Research Institute at Macdonald College (McGill University) n Montreal, has spent a number of years examining greenhouse geometry to try to get the longest growing season possible. He slants the south wall to meet winter unlight at right angles (rule of thumb is your latitude plus 15 degrees). He angles he north wall of the greenhouse to catch winter sunlight and bounce it downward onto the growing plants—something that s difficult if the north wall is also the house wall—then coats the wall with white or aluminum paint to help reflect he light. Ecotope Group, an environmental organization in cloudy Oregon and Washington, has built an experimental greenhouse in Pragtree Farm, a commercial organic farm, with a semi-cylindrical north wall, a section of a parabola lined with Mylar that catches and concentrates the sun's rays into an insulated concrete tank of water that holds the heat and *Tilapia*, a tropical food fish, as well.

Length and depth of the greenhouse also matter in making the most of solar heat. A long fairly narrow shape (somewhere between 8 and 12 feet) allows the sun to reach as close to the back wall as possible in winter, heating all the space.

Finally, consider what lets the light in —the glazing. Since the Middle Ages, glass has been the strong favorite, but now there are other options as well. Several polyesters, and acrylics, some clear, some semitransparent, have been developed that can be substituted. They allow for gentle curves in the glazed wall, they're often lower-cost than glass, and easier to install (a pair of heavy shears, gasketed nails, and silicon sealant will do it). There is some evidence that the semitransparent glazings like Lexan, Lascolite, or Kalwall diffuse sunlight enough that plants have less tendency to get "leggy" reaching for the sun (at the expense, however, of the view).

You can even glaze greenhouses with plastic film. Though such plastics tend to have short lives, they are very low-cost and can give you time to decide exactly what you want.

All greenhouses

Here come the most important two words of this article: double glaze. Exclamation points: double glaze! Two layers of glass are just about twice as effective at keeping heat in as one, and the dead-air insulating space between them also helps. It's the storm-window theory. Douglas Kelbaugh, a Princeton, N.J. architect, used a standard commercially available greenhouse as part of his solar-heated house. Until, working with the manufacturers, he managed to get a second layer of glass installed, the greenhouse either chilled or overheated his house. Many greenhouse manufacturers are now aware of the need, and specially designed glazing for second layers, either for new greenhouses or for existing ones, is increasingly available. The second layer does not necessarily need to be glass. One of the synthetics may work even better. It could be installed either inside (preferably), or outside the existing glazing.

To make your greenhouse energy efficient, you need to be able to control the heat, to hold it for later use if necessary rather than throwing it out the vents while the sun is high. There are several fairly simple ways to do this. 55-gallon drums full of water, lined up against the north wall, might support a plant table soaking up daytime heat to release at night, when the temperature in the greenhouse falls below the temperature of the drums. Rocks hold heat very nicely, and a bin full of them, wire-sided so that warm air can move through it, could also support plant tables. An A-frame greenhouse designed by Herbert A. Wade of Flagstaff, Ariz., draws heat from the peak of the A through a rock bin built in behind the north wall, where it can be

Continued on next page



Balcomb greenhouse in New Mexico setting.

Live in glass houses
continued from preceding page

stored until needed. In winter, extra heat can be circulated to the house which, on the coldest nights, might be asked to give a little back.

If the greenhouse forms one end of a living space, you can't count on being able to store heat very well—but you can use it immediately. As the sun shines, air, warming and rising along the face of the greenhouse, will form a nice loop through a simple, unobstructed room—it's called convection—circulating the warmth, bringing cooler, heavier air back along the floor to be warmed again. Unfortunately, convection works as well in summer as it does in winter. To avoid overheating, a removable break, a valance or shade, might be installed high up between room and greenhouse, to shunt overheated air out the greenhouse vents.

Once you can control and store the heat that comes in, you may need help in keeping it from leaving before you want it to—because the sun has a nasty habit of going down every night, and the heat it has shed during the day often tries to follow it. First, of course, is the double-glazing that slows a radiant rush to the night sky. But there are other stratagems and products that can help. Movable insulation, for one. Beadwall, a gimmick invented by Steve Baer of Zomeworks Corp. in Albuquerque, can turn the space between two panels of glass into a solid white foam-insulated wall at night. Tiny polystyrene beads are pumped into the space; in the morning they're vacuum-sucked out again to be stored in drums until they're wanted. The system is bulky, and has to be carefully engineered so that the beads don't develop static electric charges that make them cling to the glass, but installed right, in a greenhouse built to use it, it works.

Some greenhouse do-it-yourselfers have used blankets of quarter-inch urethane foam, encased in various materials, as curtains or shades to roll over the glazed surface at night, a little like tucking your indoor garden in under a quilt. A newly developed rolling shade developed for windows also looks promising for greenhouses. Thermo-Shade, consists of airtight plastic slats, each of which encloses an insulating air space. It slides in channels placed against the sides of windows and, when closed, the manufacturer says it makes the window as opaque to heat as a wall (SECO, Box 718, Valley Forge, Pa. 19481; about $2.75 a square foot; storage valance extra).

But, says Bill Yanda, the well-thought-out greenhouse doesn't really need much help for more than those few nights a year when the mercury dips below about −8°. For most greenhouses, heat gain is a more pressing problem. That summer sun can be brutal.

As you build a greenhouse to help out Mother Nature when it's cold, so you can turn to Mother Nature for help when it's hot. Bruce Anderson, whose New Hampshire energy consulting firm, Total Environmental Action, recently completed a greenhouse-solar house as part of a demonstration program sponsored by the U.S. Department of Housing and Urban Development, built the house on the brink of a south-facing slope that overlooked open New England woods. All the evergreens had to be cut because they would have shaded the solar collectors in winter—but the deciduous trees, the maples, and the birches, were left. Cooperatively, automatically, they grow leaves to shade the greenhouse in summer, and shed them again in the fall. If you haven't a helpful nearby woods, nature can still be encouraged to help. Landscaping may give you trees big enough in a few years—but what about the new house in the bald and treeless meadow? Or the apartment terrace? Vines, trained on strings or wires, can supply the lack. Choose a variety with a minimum of twigs (they can shade, too, when you don't want it), and a maxi-

Continued on page 42

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Live in glass houses
continued from page 40

mum of good broad leaves.

Many greenhouse manufacturers (Lord & Burnham are among them) are now manufacturing sliding shades, slatted for a summer sun-and-shadow effect. The Kelbaughs use a bright red one to give color to the otherwise monotone front of their Princeton solar house. Heat storage devices, the rock bins and water drums or tanks mentioned earlier, can be reversed in operation in the summer. Night air can be blown over them, draining the day's heat and storing nighttime coolness for the next day. Venting is important: The openings should be low on the windward side (usually the southwest) and high on the shelter red side (usually the northeast—and large enough to ensure a good free flow of air).



Well-constructed greenhouse wall helps heat the whole house

Warm winter core of Balcomb house is greenhouse garden room.

If they're manually operated, it may involve you personally more in the workings of the greenhouse—but should you be away on a really blistering day, the plants inside could suffer. Several solar controls manufacturers (see list) can supply differential thermostats or other controls capable of opening and closing openings when the differences in temperature between inside and outside reach predetermined limits. Zomeworks has a device called a Skylid that uses Freon in sealed canisters to open and close vents whenever temperature differences call for it. And there are also photosensors that can do your work for you.

The urge to enjoy a greenhouse is probably another manifestation of man's ancient inner urge to help direct the natural forces of the world around him—the rain, the sun, the weather, and the cycle of growing things—toward his benefit, his comfort, and his pleasure. Our thinking about how to build them may become somewhat more sophisticated—but sometimes, says Bill Yanda, it takes a while for the man to adjust to using this new man-made environment, to learn the rhythms and the flow. "For nearly two years, one woman who was part of our first project couldn't raise a radish," he says. "But she kept trying, and you know, now she has a tropical paradise." It's something worth trying for.

Helpful books

The Food and Heat Producing Solar Greenhouse, by Rick Fisher and Bill Yanda (John Muir Press, Santa Fe, N.M., $6).

The Survival Greenhouse, by James S. DeKorne (The Walden Foundation, P.O. Box 5, El Rito, N.M. 87530, $7.5[illegible].

The Journal of the New Alchemists, Vol. 2, edited by Nancy Todd (New Alchemy Institute, P.O. Box 432, Woods Hole, Mass. 02543, $6).

Greenhouse manufacturers with a more-or-less solar emphasis:

Helion, Box 4201, Sylmar, Calif. 913[illegible]

Vegetable Factory, Inc., 100 Court St., Copiague, N.Y. 11726

Zomeworks, Inc., P.O. Box 712, Albuquerque, N.M. 87103

Solar Technology Corp., 2160 Clay St., Denver, Colo.

Manufacturers whose products are not necessarily designed to use solar heat. However, they can supply many of the components and materials needed to build any type of greenhouse:

Aluminum Greenhouses, Inc., Dept. WN, 14615 Lorain Ave., Cleveland, Ohio 44111.

The American Horticultural Society, Mount Vernon, Va. 22121

W. Atlee Burpee Co., 6617 Burpee Bldg., Dept. SA, Warminster, Pa. 18974; Clinton, Iowa 52732; Riverside, Calif. 9250[illegible] Contact the nearest.

Edward Owen Engineering, Snow Shoe, Pa. 16874. Assembly manual is $2.5[illegible]

English Greenhouses Ltd., Roland Ave. and Church Rd., Mt. Laurel, N.J. 0805[illegible]

Environmental Dynamics, 3010 Vine, Riverside, Calif. 92507

Filon Home Greenhouse, 12333 S. Van Ness, Hawthorne, Calif. 90251. Free plans for a do-it-yourself greenhouse.

General Aluminum Corp., P.O. Box 34221, Dallas, Tex. 75234

Greenhouse Specialties Co., 9849 Kinker Lane, St. Louis, Mo. 63127

Gothic Arch Greenhouses, P.O. Box 1564, Mobile, Ala. 36601

Hydroponic Specialties, Box 1013, Carlsbad, Calif. 92008

Janco Greenhouses, 9390 Davis Ave., Laurel, Md. 20810

Lord & Burnham, Irvington, N.Y. 10533

McGregor Greenhouses, Box 36-S, Santa Cruz, Calif. 95063

National Greenhouse Co., P.O. Box 10[illegible] Pana, Ill. 62557

Peter Reimuller Greenhouses, 980 17th Ave., Santa Cruz, Calif. 95062

Rohm and Haas Co., "Tuffak-Twin Wal," Independence Mall West, Philadelphia, Pa. 19105

Sears, Roebuck and Co., in larger retail stores, or the Home Improvement Catalogue.

Texas Greenhouse Co., Inc., 2717 S. Louis, Ft. Worth, Tex. 76110

Victoria Greenhouses, Ltd., Box 94[illegible] Stump Bridge Rd., Southampton, Pa. 18966

Walt Nicke Co., 19 Columbia Turnpike, Hudson, N.Y. 12534 ■



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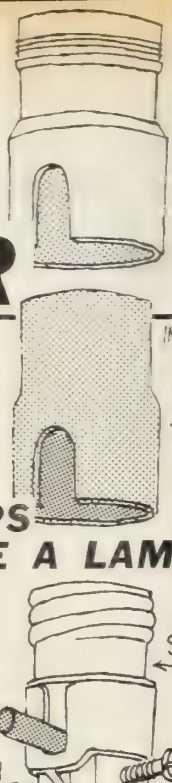
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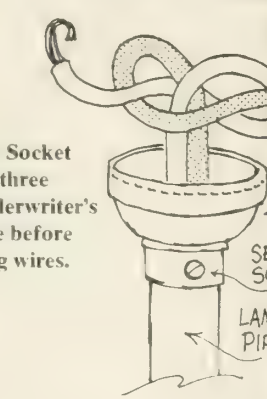


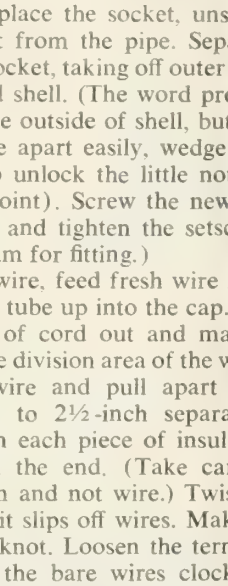
5 EASY STEPS TO REWIRE A LAMP

BY DEANNE RAFFEL

An erratically functioning lamp is annoying. The light may flicker or periodically remain unlit when the switch is turned on. Check that the bulb is secure in the socket and the plug firm in the outlet. If there are no problems in either case, find the source of the trouble by dismantling the unit. It may be that the switch is broken, the cord is worn, or the terminal connections in either plug or socket are loose. If the unit is old, it's a good idea to replace socket and cord.

Step 1: Set the unplugged fixture on a table. All lamps have three components, a socket, cord, and plug. Diagram the assembly as you take it apart. The socket is attached to the tube in the center of the fixture and holds the whole lamp together. The cord is secured to the socket by small screws, then goes through the tube, out of the base, and into plug.





From top: Socket section in three parts. Underwriter's knot made before connecting wires.

Step 2: To replace the socket, unscre the old socket from the pipe. Separat replacement socket, taking off outer she and cardboard shell. (The word press stamped on the outside of shell, but if does not come apart easily, wedge in screwdriver to unlock the little notche at the *press* point). Screw the new ca onto the tube and tighten the setscrew (Check diagram for fitting.)

Step 3: To rewire, feed fresh wire fron the end of the tube up into the cap. Pu a few inches of cord out and make small cut at the division area of the wires Grasp each wire and pull apart unti there is a 2- to 2½-inch separation Make a cut in each piece of insulatio ¾ inch from the end. (Take care t slice insulation and not wire.) Twist in sulation until it slips off wires. Make a underwriter's knot. Loosen the termina screws, wrap the bare wires clockwis around screws, and tighten securely with a screwdriver. Reassemble socket an then remaining parts of lamp.

Step 4: Add a contact-type plug to the end of the cord, following directions printed on the package.

Step 5: Insert bulb, plug in lamp, turn switch and—light!

more house fixer, page 46

These sliding windows save energy by keeping heat in and cold out in winter. Incorporating double glass with enclosed insulating air space, and plastic foam insulators in the frames, the windows provide a "thermal break" which separates cold outside window surfaces from warm inside window surfaces. Available in three types—two-panel with one sliding panel, three-panel with sliding side panels, three-panel with center sliding panel —the aluminum frames are said to be frost-free, the glass rid of condensation. Sash can be removed from indoors (also the optional fiberglass screen); there is an automatic lock latch. Made in a range of enamelized colors; baked-on finishes are optional. Capitol Products Corp., P. O. Box 69, Mechanicsburg, Pa. 17055.





You get juicier, tastier meats n an oven that cooks with fresh air. The Jenn-Air Convection Oven.

Now an open-fire, open-air taste comes to oven-roasted meats. Meats with a caramel brown coating that traps rich juices nside. Meats that are juicier, tastier, because they're cooked n a whirl of hot, fresh air. Only Jenn-Air gives you the oven hat is actually two ovens in one. Just flick a switch and the conventional oven becomes a professional-type convection oven that cooks meats quicker, at lower temperatures.

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The self-ventilating Jenn-Air Grill-Range gives you ots more ways to cook, too. You can grill, griddle, spit-roast, shish-kebab, and deep-fry all on top of the range. For the Jenn-Air dealer nearest you, see the Yellow Pages, call toll free 800-428-1825, or write the enn-Air Corporation, 3035 Shadeland Avenue, ndianapolis, Indiana 46226. Also available in Canada.



The Jenn-Air Grill-Range.

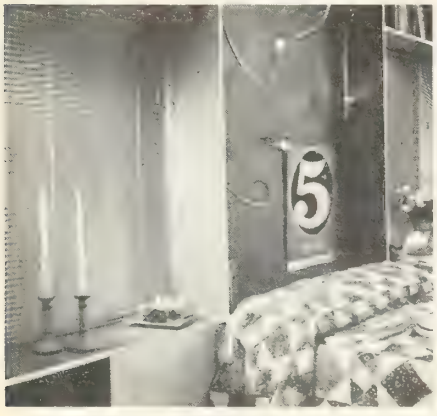
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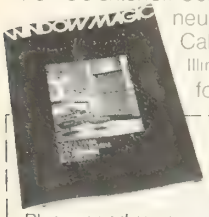
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RIVIERA BLINDS BY LEVOLOR

continued from page 44



Handy hang-ups

Sets of metal bars and hooks can put garage, basement, and closet walls to work storing garden or household tools and other equipment. This Storage System consists of bars you attach to studs or wallboards complete with sturdy hooks that can support up to 10 pounds per hook or 40 pounds per 16 inches. The 16-inch bar has four hooks which can slide to any position and can't be knocked off, $1.69. The 32-inch bar has eight hooks, $2.99. A 16-inch-long Mini-Storage System has smaller hooks for shears, trowels, etc., $1.39. A Heavy Duty System has extra-duty hooks at $1.59 a pair. Stanley Hardware, Box 1800, New Britain, Conn. 06050.

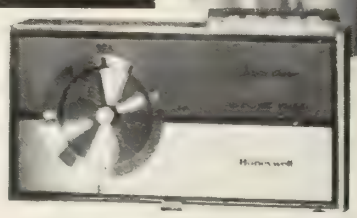
Door guard

To prevent an intruder breaking in the entrance door of your apartment, home, hotel room, here's the portable, 7-ounce Block Lock. Inside the room, you attach the device to the door and frame. It consists of two plastic blocks (5½ inches high by 1 inch wide by 3½ inches deep) with a 6¼-inch steel bar between them. You hook one of the steel bar's curved ends into the metal striker plate on the doorjamb and close the door. Then lift the bar while you press down the blocks to tighten them securely against the door and doorjamb. It holds the door securely, can't be opened from outside, is independent from the door lock, and needs no key or combination. $12.95 plus $2 postage and handling. Hoffritz, 20 Cooper Sq., New York, N.Y. 10003.

No-drip painting

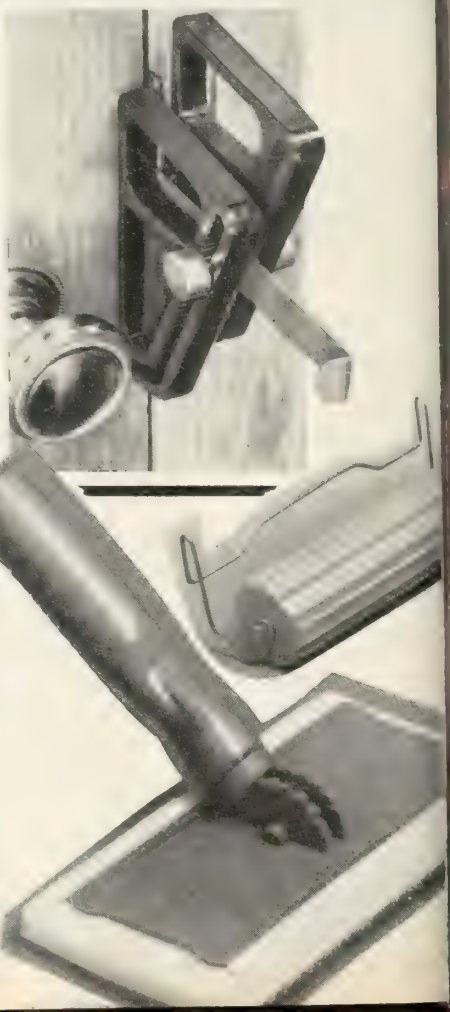
A new kit consists of a 7-inch-wide nylon pad and a paint dispenser wheel, which clips onto any paint tray; roll the pad across the wheel's furrowed surface before painting. This spreads the paint on the pad evenly so there won't be excess drip or insufficient paint. The pad is said to work faster than a brush, neater than a roller. For use with any paint, varnish, or stain on indoor or outdoor surfaces, it can be cleaned and reused. The pad handle adjusts to 7 painting angles and will fit an extension pole for painting ceilings and high walls. "Pad Painter Adapter Kit," $6.49. Tip Top Industries, 151 West Side Ave., Jersey City, N.J. 07305.





Fuel saver clock

A new clock thermostat can set back door temperature automatically seve times daily to increase your fuel savin Temperature will turn down not o during sleeping hours but in the dayti when working couples are out and c dren are at school. Coordinated with clock and the heating system, the te perature levers can be set to the high a low levels desired so the house is co fortable when you arise and when y come home, but lowered when you out or asleep. Fuel savings are grea increased by lower daytime as well nighttime temperatures. About $ Honeywell, Inc., Honeywell Plaza, M neapolis, Minn. 55408.





When you create a design in which no two tiles will ever be identical, you've started a Renaissance.

Renaissance™ is here. The brand-new glazed ceramic tile that creates walls of such drama — other materials seem dull and repetitive by comparison. In Renaissance, every tile is unique in color and pattern. So the overall design is as original as a work of art. And just as enduring.

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Renaissance comes in a variety of colors and sizes (shown: 4¼" sqs. 703 Rn. Copper). And Redi-Set® pregrouted systems. Or for use with a colored grout. To find out more, visit any American Olean Color Center or Showroom or write to us at: 2404 Cannon Avenue, Lansdale, Pa. 19446 for free information and actual color chips of Renaissance.

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Introduce yourself to the new taste of *Sunrise*.



GOING PLACES,
NDING THINGS



The end of the innermost arm of the majestic Nordfjord at Olden

JACKSON

CRUISES, COWBOYS, AND BIRDS

LACIERS, FJORDS, AND THE NORTH
APE ROCK BY PAULA RICE JACKSON



arine Brik-
Glacier at
ren

Liv Ullman gets the credit. Her best-selling book, *Changing*, made me want to see the magnificent Norwegian coast. If, like me, you love mountains ind that you also long he ocean, a cruise to way's North Cape de-usly satisfies a craving oth.

orwegian America 's M.S. Sagafjord took passengers there early July. It was my first se, I was traveling e, and the chances quite good that I d be among the young-board. When the clas-question "what to ?" arose, I went to wit's to find something opriate. (There would formal dinners every r night, the captain's y, dances, and private night sun parties.) nsense," said the sales-an who listened to my ots. "There's the cap-there's the crew, and e are the musicians. 're going to love it!" found a gorgeous dress I had a wonderful time cing with the captain, e of the crew, and the icians, too.

here is absolutely noth-to compare with the ry and self-indulgence cruise. From the mo-t you wake to a cup of strong Norwegian cof-and the tenderest crois-s I have ever eaten in life), to the moment someone gently reminds you that you haven't slept for two days (because there is no night), your every wish is attended to. A cruise provides that one commodity that grows ever more scarce—Therapeutic Time.

I flew to Reykjavik, Iceland on Icelandic Airlines to meet the Sagafjord, which had sailed from New York a week earlier. My first leg of the journey to the North Cape was the three days' sail through the Arctic Circle with a stop at Hammerfest, the most northern village on the Norwegian coast. Two things surprised me on my first night on board. The first was that somehow everyone I met knew immediately that I was a newcomer—a wonderful antidote to big-city living. There's no question of loneliness on a cruise. The second surprise was how many people stayed up to 5 A.M. to see the new volcanic island Surtsey, which erupted into existence off the southwest coast of Iceland two years ago.

COLD WEATHER IN JULY

Weather is part of the entertainment on an ocean

Continued on next page

A VACATION LOOKING FOR BIRDS



Bird-watching on Audubon vacation

Bird lovers, natural history fans, conservationists, or anyone in search of an expedition to beautiful or remote terrain will enjoy one of twenty tours organized this year by the Massachusetts Audubon Society. These mildly paced field trips consist of up to 20 people and two guides. On April 30, for instance, you can join a group in Miami for a tour of the Everglades, the Keys, and the Dry Tortugas in search of mangrove cuckoo, gray kingbird, and the Sooty/ Noddy tern. Sunning, boating, hiking all achieved in the process. $695 for seven days, including everything except airfare to Miami.

Continued on page 54

RODEO IN THE ASTRODOME

BY NANCY RICHARDSON

Olympic Games for wild west fans: The Houston Livestock Show and Rodeo held in the Astrodome from February 24 through March 5. Cowboys competing in something that looks like a tremendous spaceship from the outside. It's the world's largest indoor rodeo cranked up to the level of general interest spectacle with daily entertainment by the likes of Loretta Lynn, Merle Haggard, Charlie Pride. The rodeo parades down Main Street right down to the business district four different times in the two weeks.

There's great cowboy gear sold all over Houston. Here's where to go to find it:

DOWNTOWN:

Gary's sells both straw and felt cowboy hats, which get steamed into a shape you like while you wait.

Stelzig's is close by and sells show tack, $200 Lucchese lizard boots, a full range of hats including ladies felt hats in rodeo-neon purple.

Cutter Bill's has more than one shop and carries Western clothes, including real cowboy essentials and also finery to go Western dancing in. Also sells tack.

In Houston: big bucks for rodeo fans

Houstonians are connoisseurs of "barbecue." The more hole-in-the-wall the place, the better they like it. Some are chain restaurants like Steve's Barbecue, which has six locations, the Hickory Pit with two, or the Cellar Door Restaurant with five. One-of-a-kind barbecue stops are Luther's on Fountain View and Richmond, and Otto's on Memorial Drive. The barbecued spareribs at Otto's are to dream over. Otto's *(Continued on page 52)*

Glaciers, fjords
continued from preceding page

voyage. It can vary in these northern latitudes from cloudless 24-hour splendor to a constant rainy overcast. We had the latter, and somehow you don't mind. Ours was a hardy group of Americans who'd wrap themselves in thick woolen blankets *Magic Mountain* style and repair to Veranda Deck to read, drink hot teas and bouillon, snooze, and meditate on the cold beauty of the North Sea. I was unprepared for the spectacular appearance of the midnight sun when it did present itself our third night out. Our luck was extraordinary. Travelers have come to the north over and over to see it, have missed it, have tried again only to be dazzled. Ours was an atypical sun, too. Its colors are usually reds, purples, and oranges, but we saw it in apricots, greens, violets.

HAMMERFEST AND THE NORTH CAPE

Our first anchor at Hammerfest: a small village with a steep, towering hill with a path you can trek up for a view of the tiny town "nestled" into the coast, and surrounded with snow-capped mountains. There are a couple of tiny cafés to go to for creature comforts of coffee, small cakes, and a fireplace to warm up by. I spent a couple of hours walking through the village streets and observed something interesting about the window shades of the houses. Many were lined on the outside with shiny, metallic-looking fabric which reflected the constant light outside, away from the rooms. Where there was no darkness. Norwegians manufactured their own.

Although the ship will take you to the North Cape (a big rock like a Gibraltar that juts into the Arctic Sea), the other way to cover the 66 miles from Hammerfest to Skarsvaag, the town at the rock's base, is to drive or take a group tour planned in advance and booked through the small tour office in Hammerfest.

Arriving in Skarsvaag seemed to bring out the "Kilroy was here" in everyone. Long tables were set up inside the small cafe-souvenir shop where literally hundreds of people elbowed their way to find space to send friends postcards that would bear that famous North Cape cancellation stamp. The weather continued to be rainy, so we walked briskly around the top of the rock, peering into the incredible, fog-filled abyss where a tiny yacht bravely wended its way toward Finland. A wonderful "Windjammer" fish stew waited for us back on the ship sometime near midnight that definitely reversed the effects of the rain and cold. I entertained smug thoughts of my friends suffocating in the summer heat of New York as I kicked the snow off my boots.

FJORDS AND GLACIERS

The second part of the cruise was the sail through the fjords—a turn-on wit Nature of the first order. The advantag of seeing the fjords from a ship is tha you get an overview of the enormou geographical changes apparent as th ship sails further and further south. fjord is a glacial carving that has le channels (sometimes 4,000 or 5,000 fee deep) between the mountains that dro into the sea. There is no "beach" as w think of it, though to the south, fjord are lined with rolling farms and jewel like villages. The northerly fjords ar stark and powerful and a bird-lover heaven: Many cliffs house rare aquati species. Since the Sagafjord is a big ship we sailed inside fjords that felt lik rivers.

To be within a stone's throw of glacier is an awesome experience. Th most famous, and the most easily acces sible, is the Brikstal glacier, an arm o the Jostedal ice fields, at Rustoyen nea Olden. Olden is where the ship's tende left us. We took the 55-minute hike fron Rustoyen and realized every Heidi fan tasy we'd ever had.

Walking was what I had come to Nor way to do. Here we walked, picked wild flowers, waded in a green-tinted glacia stream, and scrambled over rocks her and there, stood under a waterfall. A enchanting afternoon. We also had sun shine to make the afternoon even mor special. The Brikstal glows an unearthl aquamarine that can be seen for miles The color is not a reflection of the sk but of the light hitting the minerals tha are trapped in the ice.

SHORE TRIPS

The Sagafjord has an office where yo can book on-shore tours of the cities an the surrounding country, for which yo pay extra. They vary widely. Fron Furuflaten, for example, our first ancho after Hammerfest, there was offered 9-hour overland drive across the coun try, over the Finnish border, and down to Tromso, where it met the ship some 7 miles to the south. Such a tour cost $59 The tour to the Brikstal, however, only cost $18 and included all the tea an cakes you could eat after the invigorat ing hike at the charming Brikstal restau rant. A schedule of the Shore Program is included when you make your reserva tion. Other people enjoy making discov eries on their own and do their home work before deciding how they want to see a particular area. And some hire a well-experienced taxi driver to show them the layout of a city.

FOOD: FISH IS A STAPLE, STEAK A TREAT

What about Norwegian food? The fresh fish is utterly fabulous and Norwegians smile when you compliment them on their luck to have so much delicious fish to choose from. When Norwegians go to a restaurant they order a steak. That's luxury for them. Caviar for lunch every day became a habit I hated to break. On the Sagafjord, there was a fresh fish avail-



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always—sole, haddock, herring, der, and lobster for hors d'oeuvre. day, our captain organized an eve- s fishing expedition which landed hip's galley over 700 kilos of had- It was prepared in a butter sauce a touch of the salt-water brine add- r snap. Sensational! Norway's salm- famous and so is the reindeer steak. first taste of it was in the Grill Room e Hotel Norge in Bergen where it seared very quickly on both sides erved with a currant and claret con- .) Fresh berries are another Nor- an specialty—both strawberries and s (wild strawberries), which resem- ny raspberries served with a small nt of whipped cream, and if you're , you get them for breakfast. A about Norwegian food prices: are high. Two dollars for a cup of e is not uncommon.

T TO BUY IN OSLO:

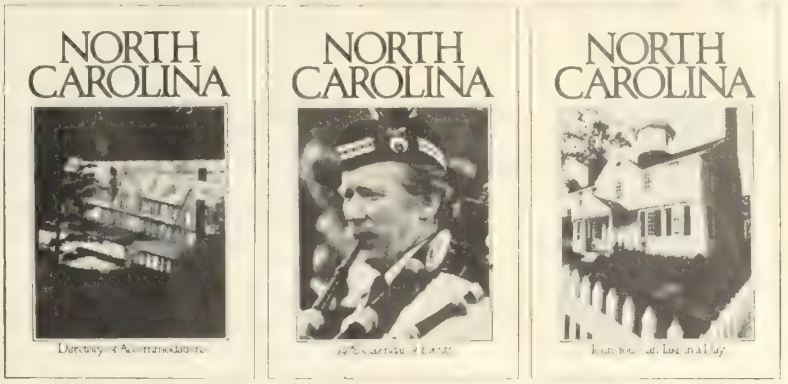
of the ship's calls that I enjoyed the was at Oslo. For two days I combed hops looking for things to bring . Naturally, I found wonderful egian handcrafts. The richness of crafts comes from an old-world , brilliant color, quality, and dur- y. With that in mind, look for em- eries, Hadelands crystal, Porsgrund lains, and anything handcarved wood. A beautiful new shopping lex has just been finished to the of the National Theater on Munke- veine. The other major area to se is the Stortinget where there are l avenues, no cars, and dozens of tment stores and small shops for , glassware, stainless and enamel- ver flatware, Norwegian sweaters, some of the best sports gear any- e for backpackers and sailors. Two will appear especially—Hus Fliden Norway Design. The first is a non- organization that carries the best ndmade Norwegian crafts. You'll handcarved wood toys, pewter, of fine woven wools, magnificent rugs, and wall hangings. It's at rgarten 4. Norway Design, Stort- aten 28, carries the same quality of s and also includes furniture and kitchen accessories. It's also the place for shipping your purchases home. A tiny store, called Stoff- at Kirkegaten 6, run by three en who handblock cotton and silk, ome of the most colorful, imagina- prints you can buy off the bolt or up into darling smocks, dresses, prons. Some smaller pieces are also into napkins and placemats. Nor- ns also love papers—to line things wrap things in, cover books with— e geometric patterns in subtle col- nd an inexpensive delight. At Bazar, nkrants 21.

TO GO:

egian America Line has two ships make the North Cape run, the Saga-

Continued on next page

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Glaciers, fjords

continued from preceding page

fjord which sails from Port Everglades, Fla. and New York City and the Vistafjord which sails from London and Hamburg. The Sagafjord will sail from Florida on June 25, from New York on the 28th, for the 42-night trip to the North Cape. The cruise starts at $3,660 per person from New York, according to the size and location of your stateroom. One class of passengers is maintained on both ships and one dining room with set lunch and dinner times. Though I debarked in Bergen, the full tour included Oslo, Copenhagen, Amsterdam, Hamburg, Zeebruges, and Dun Laoghaire in Ireland before sailing home. Packaged fly-drive cruises make it also very convenient for passengers to fly to London for the Vistafjord's North Cape cruise. Write Norwegian America Line, 29 Broadway, New York, N.Y. 10006. ■

Rodeo in the Astrodome

continued from page 49

looks like a pine-sided country restaurant in west Texas but in fact is only 10 minutes from downtown. Saturday night rodeos, barbecue, and Western dancing go on year-round in Simonton, Tex., 40 minutes west of Houston on Westheimer. The rodeo begins at 8, there's barbecue and dancing until 12:30, when the first fights begin.

Also not to miss if you're in town: Pennzoil, one of the most beautiful office buildings anywhere. Philip Johnson has built two towers of brilliant dark glass 34 and 36 stories high. He preferred two towers 10 feet apart to one 70 stories high. They cover the entire site and the space between the towers becomes a town house garden roofed with slanting skylights. Look for the remarkable details indoors and out:

Escalators become works of art in pink granite with stainless steel trim.

High white ventilator smokestacks pushing through the sidewalk from the garage below become sculpture by each entrance.

Freestanding gray granite cylinders just 20 feet tall contain elevators that only go one floor down to the garage and concourse level.

Two museums and a hotel share one of the greenest sections in Houston.

The Warwick is called Houston's best hotel. Ada Louise Huxtable calls it "Claridge's on the Prairie." Philip Johnson stays there because the rooms look out on so many trees.

The Fine Arts Museum is a totally Beaux-Arts creature of the twenties with a contemporary glass and steel addition by Mies van der Rohe skillfully blended onto what was the back of the original. Abundantly leafy trees camouflage the transition along the sides.

C.A.M. acronyms the brassy, brave little Contemporary Arts Museum which is catty-corner to the Fine Arts. You may not know what it is when you see it: a triangular shape with windowless w of corrugated aluminum. In front, high as the story-high building itself, big steel beam-and-girder skeleton sc ture painted bright yellow. The door the place is a slit to the side of the degree angle at the left of the base.

OTHER MUST-GO'S

Bayou Bend. Ima Hogg's big stone ho near River Oaks contains her collect of American furniture that's second o to Winterthur's. Call for reservati (817-529-8773). Tour takes 2 hou Gardens superior, charming River K Bridge leads over the Buffalo Bayou fr the parking lot into the gardens.

Rothko Chapel. Octagonal meditat place where Rothko's final paintin panel the walls. Outside, Barnett Ne man's *Broken Obelisk*.

NASA, a 40 minute drive from the W wick. Looks like a college campus wh the buildings are all contemporary a the trees haven't had a chance to gr

Visit exhibits that show what astr nauts ate while on the moon. Looks strange as something taken from Ki Tut's tomb.

Mission Control Center is now op to visitors. See the place you saw from fish-eye angle during the television co erage of the first manned moonshot.

See a model of a Saturn V rocket: tower-shape 36 stories high standing in nearby parking area.

Hear all about Skylab.

Drive through the town that's the be room community for NASA where m of the apartment buildings are Tud style.

Take along Norman Mailer's accou of the moonshot *Of a Fire on the Mo*

Galveston, Houston's Riviera.

See the Strand, the old main street of once-bustling port with all the old co mercial buildings restored.

Drive down Broadway, a street li Newport's Bellevue Avenue, which b gan to deteriorate from lack of mon and lack of zoning.

Look for a red brick Stanford Whi house with huge round Moorish bays.

Take a tour of the Bishop's Palace a Ashton Villa, both gargoyle-y extrav ganzas from the period of 1850-1900.

Stay at the Islander East, a high-ri modern condominium with apartmen for rent to guests who can stay at lea two nights. It's the only place right dow on the beach. No phones in the roon and only one pay phone to every landi make it a real getaway place. The beac is very, very broad, but in Texas vehicl are allowed on the beach so make you self noticeable when sunbathing.

Contact the Galveston Historic Foundation's Programs Office (P.O. Bo 302, Galveston, Tex. 77553 tel: 713-76 7834) or visit it on the corner of 25t and the Strand to arrange a house to of this historic city. (For further info mation on the Livestock Show, call 71 748-3730.) ■

Your Face Should Keep Your Age A Secret



Your best friends won't tell you. Even the man in your life might remain silent. But your mirror seldom deceives you. As you grow older, dryness accents lines and wrinkles.

Now keep your age a secret and put softness back into your skin with 2nd Début with CEF, the rich, creamy lotion that can open up a new beauty horizon for you in just minutes.

As you age, nature slows down the moisture flow to cells beneath the skin's surface. Skin becomes dry and lines and wrinkles can form. Moisturizers are not enough. Something more is needed... something extra.

2nd Début with CEF, Cellular Expansion Factor, can make the difference. CEF is a patented, scientific discovery that sends a shower of moisture into the cells of the skin. Once again dry cells are bathed in moisture. They plump up...push out... they actually expand.

Pushed away is flaky, chapped, rough skin. Lines and wrinkles due to dry skin seem to disappear. You are left with a softness...a younger look of beauty.

2nd Début comes in two formulas: CEF 600 for the younger woman to head off early signs of lines and dryness...CEF 1200 for skin that needs extra help. Both are sold on a 10-day, money-back guarantee.

Special Introductory Offer

For a convincing trial supply of 2nd Début with CEF 600, send 50¢ with this ad to Dept. HG-84, 2nd Début, P.O. Box 268, Hampshire, Illinois 60140. Limited one sample per person. Offer expires January 1978.

n Saronno, Amaretto is our bambino.

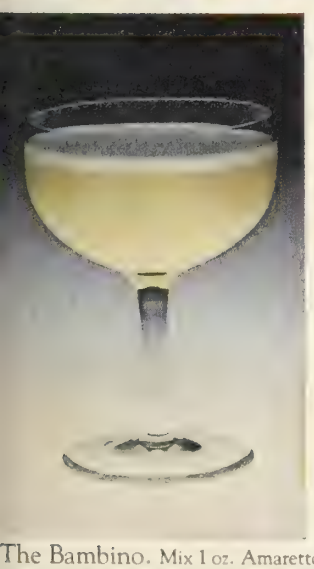


It was in our little town that Amaretto, the drink of love, was born 450 years ago. When a beautiful young woman created an extraordinary liqueur to please the man she loved.

Here we still make Amaretto di Saronno as we have for centuries. We allow the flavor to develop until it is soft and full. We take our time—can love be hurried?

Enjoy Amaretto di Saronno as it is, or on the rocks, or with coffee. Try it in any number of exciting mixed drinks. With love, anything goes.

But a word of caution. There is only one Amaretto di Saronno. Remember this. Because if it is not Amaretto di Saronno that you drink, it may not be love after all.







The Bambino. Mix 1 oz. Amaretto di Saronno. 1 oz. Sweet Cream. 1 oz. Vodka. Shake well with cracked ice. Strain and serve in champagne glass. For free drink and food recipe booklets, write: Dept. 14, Foreign Vintages, Inc., 98 Cutter Mill Road, Great Neck, N.Y. 11021.

Amaretto di Saronno. Originale.
From the Village of Love.

Looking for birds
continued from page 49

Or go north to Winnipeg June 13 for 10 days of exploring the Hudson Bay coast and the Churchill River that flows into it. To see all the bird and animal life en route from Winnipeg, the group takes a train north to the icy borders of the Hudson Bay. There the sun sets only for a few hours and the group sets out in search of Beluga whale and whistling swans. Round trip from Winnipeg is $840 (the group flies back to Winnipeg from Churchill).

A third tour—the Galapagos Islands (they're hard to get to on your own). The group leaves from Miami, stops in Ecuador, flies on to the island of Baltra in the Galapagos to meet a boat that becomes a hotel/expeditionary base for nine days of bird-watching, swimming, and snorkeling. $1,695 buys everything, including airfare from Miami to the islands and back. Write the Massachusetts Audubon Society, Lincoln, Mass. 01773, for information on other trips. N.R.

ROOTS TOUR

Debrett's helps you to trace British ancestors plus visit where they lived

If you think your ancestors came from Great Britain or Europe, wouldn't it be fun not only to know who they were, but also to see where they lived? The distinguished British genealogical research organization, Debrett's Peerage, in cooperation with British Airways, is now offering you exactly that.

Debrett's will find out for you who your ancestors were and where they came from. Then British Airways will fly you to your ancestral home or homes, so you can see your roots for yourself. "We have researchers all over the British Isles and Europe, plus American experts to make the links," explains Debrett director Robert Jarman. "Only 1 percent of our applications fail to find origins."

Be prepared, however, to find your great-great-great grandfather was a highwayman rather than an earl. Still, the present Duke of St. Albans is descended from Nell Gwynn, so you'd be in good company.

Ideally, Debrett's would like 6 month's notice of your intention to visit your roots, so it can do the necessary research on which to organize the tour. Initial down payment is $330.

For more information, write to British Airways, 245 Park Avenue, New York, N.Y. 10017 or Fourways Travel Ltd., 950 Third Avenue, New York, N.Y. 10022 or Debrett's Peerage, 200 Park Avenue, New York, N.Y. 10017.

CAROLINE SEEBOHM

BOOKLETS
TO HELP YOU PLAN YOUR TRIP

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Scandinavia: Travel Facts 1978 provides information on Finland, Norway, Iceland, Sweden, and Denmark. Tips on climate, currency, customs, plus where to view the midnight sun. Also includes a listing of tours and cruises.

2. Avis's **Norway: Unlimited Trails** maps out a 7-day tour of southern Norway that begins and ends in Oslo. Possibilities for branching off are unlimited.

3. Norway by Car: a large, detailed road map with information on hotels, hostels, camping, picturesque views, and more. Regional tours for all areas of the country are also mapped out.

4. Six colorful and attractive fjord towns, fjord facts, the story behind fjords, and how to take your fjord holiday are featured in **The Fjords: Western Norway.**

5. North Norway, land of the midnight sun, is a nature lover's delight—sea birds, reindeer, and the magnificent scenery of the fjords. Splendid pictures and a map of the North Cape.

6. In **East Norway,** visit the Setesdal valley, famous for local handcrafts and native costumes; travel to Skien, birthplace of dramatist Henrik Ibsen; or explore Oslo, Norway's historic capital.

7. The Kon-Tiki Museum in Oslo houses the raft which took Thor Heyerdahl on his famous journey across the Pacific. Details, plus other places of interest and a street map of the city are included in **Oslo.**

8. The Scandinavian Tourist Office's **Skiing News From Norway** gives you information on snow conditions, annual ski events, and ten ski vacations to choose from.

9. Oslo has more skiers in proportion to its size than any major city—and for good reason. Facts on all of Norway's major winter-sport areas given in **Norway: Snow-Sun-Fun.**

10. Finnair's **Skiing Starts at the Finnish Line** offers four exciting vacations for the skier, including one- or two-week trips to the 1978 World Ski Championships.

11. Holidays in Norway provides pictures from all over the country, information on how to get there by rail, sea, and air, plus a complete map of Norway.

12. Wonderful Copenhagen $498. Seven nights in Denmark's capital, including airfare, hotel, sightseeing tour, full breakfast daily, and more.

13. Finnair's **Off-Season Europe** is a colorful 15-page booklet offering six tours to Finland, USSR, eastern and northern Europe. Take a reindeer safari in Finland, or visit seven cultural capitals of Europe.

14. Explore the Soviet Union on your own by taking advantage of Finnair's **Fly & Drive: Scandinavia & Russia** vacations. Drive from northern Russia to the Baltic Sea to the Black Sea in the south, stopping at several towns along the way.

15. Finnair offers tours of the **Troika Great Cities of Russia, and Cultural Capitals.** Take a first-class escorted tour of Leningrad, Moscow, and Helsinki—nine days for only $701.

16. The Volga: More Than a Cruise into the Heart of the USSR. Choose from six itineraries for cruises from May through August; ten days down the majestic Volga plus two weeks' land travel to major Russian cities.

17. Ride an elephant in the Himalayas, visit the Taj Mahal, or explore a 2,000-year-old Buddhist temple. **The Wonders That Are India, Nepal, and Bhutan** are colorfully featured in this 29-page booklet of **Lindblad tours.**

18. Visit a voodoo museum, sample some Cajun cuisine, or stroll through New Orleans's Historic Garden District. Explore **Louisiana . . . For the Fun of It.**

19. Marco Beach Hotel and Villas—on a secluded island off Florida's Gulf Coast—has 15 tennis courts, two 18-hole golf courses, swimming pools, sailboats to rent, and a backyard of powdered beach.

20. Pacquet Cruises take you all over the world—from the North Cape to South America. To find out when to go, look at Pacquet's **1978 Advance Cruise Schedule.**

Circle the number of each booklet you want. Add 50¢ for postage and handling. Do not send stamps. Allow up to 4 weeks for delivery. Mail to: HOUSE & GARDEN, Dept. 1A, Box 3579, Grand Central Station, New York, N.Y. 10017.

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11 12 13 14 15 16 17 18 19 20

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Ford introduces FUTURA



combination of styling and technology for 1978...and beyond.

Here is a car for the automotive
ure. With dynamic styling inside
d out. Comfort for five passengers.
fuel and cost efficiency for the
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today. The new Futura. Before you
nsider any other car available today,
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Scheduled Maintenance 50,000 miles about $150.*

tura is a car engineered to hold
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ssion and Futura's standard engine,
,000 miles of scheduled maintenance will cost only about $150. (*Based on Ford labor time standards, a $14.50/hour labor rate and Ford's suggested parts prices in effect Aug., 1977.)

33 MPG (hwy) 23 MPG (city)

Futura's EPA mileage estimates—with 2.3 litre engine and manual 4-speed—are the highest of any car in its class. Of course, your actual mileage may vary depending on how you drive, your car's condition and optional equipment. Calif. ratings are lower. Futura is also available with 3.3 litre 6-cylinder and 5.0 litre V-8 engines.

$4,267 as shown

Futura's sticker price excluding taxes, title and destination charges.

Visit your local Ford Dealer for a personal test drive. And find out what's ahead for 1978...and beyond.

The new Futura.

FORD FAIRMONT FUTURA

FORD DIVISION

Ford 75 ANNIVERSARY

New Benson & Hedges 100's Lights



Only 11mg tar

Who could make light of themselves better?

11 mg "tar," 0.8 mg nicotine av. per cigarette, by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

WHAT'S NEW?

WHAT'S COMING?

1978

Progress likes to give the impression of leading us into the future, but don't you believe it. We're the ones who lead progress—by the simple acts involved in living, working, fixing up our houses and apartments, and creating needs for better ways to do practically everything. But sometimes it's hard to keep track. The minute we say the word, ideas streak off in all directions. For every trend there's a countertrend, and for every expert who's absolutely sure of something, there's another, equally sure of exactly the opposite. In the areas House & Garden reports on each month, there's a whole world of happenings, as you'll see in this issue and every one that follows. All of which makes for a glorious array of possibilities for us to sample, argue about, criticize, encourage—and enjoy.

HOUSE & GARDEN,
JANUARY, 1978

DECORATING Fewer is the word. Fewer tables, fewer lamps, fewer everything. Think of decorating as an investment in quality that lasts, which justifies a larger initial cost.
Angelo Donghia, interior designer
Look for wallpapers and fabrics with the handpainted quality of watercolory washes. They resemble antique fabrics, with colors that have softened and faded with time. It's a gentle look, very flattering to people.
Mary McFadden, designer
When you choose colors, remember nature's subtleties. Colors that are fresh, but without any trace of sharpness. Mauves and peaches, misty greens and blues.
Murray Douglas, vice-president
Brunschwig & Fils
If you're furniture shopping, think about the look and the feel of upholstery. What's important is more softness, more density, a finer, fuller line.
Milo Baughman
designer for Thayer Coggin

KITCHENS As building costs rise, kitchens shrink—unless you incorporate them into living and dining rooms. This gives you efficient work space and a big congenial atmosphere—a true heart of the house.
Yann Weymouth, architect
Why not put good furniture in your kitchen? Like sofas and chairs. The emphasis doesn't always have to be low maintenance; I think we should put romance back into the kitchen.
Bill Machado, interior designer

BATHROOMS There's nothing like mirror to open up a small bathroom and add luxury. Think of the bathroom as a place to relax.
Stanley Paul, Paul Associates
bath designers

GARDENING Backyard gardening can save you money. We've shown that $100 in gardening expenditures can yield $700 in produce.
James Underwood Crockett
TV gardener
(see his garden on page 94)
Why not bring flowers indoors? Now you can find miniature roses almost anywhere, and teacup-size begonias, and new varieties of African violets. Hanging foliage is giving way to flowering plants, because flowers give your rooms color and romance.
Dr. Marc Cathey, president
American Horticultural Society

TECHNOLOGY Home computers have become a reality. They can govern a system that can regulate your environment, balance your checkbook, send telephone messages, even play backgammon with you.
Samuel Bernstein, vice-president
and director of marketing
Commodore Business Machines
(see its microprocessor on page 62)

FOOD Good nutrition is becoming the American way of life. It's easier to keep abreast of nutrition information and eat for health.
Dr. Michael Jacobson
Nutrition Action
Think about long-term cooking the nutritional way with menus that start fresh and are interesting enough to stretch over to the next day.
James Beard, author and chef

HEALTH People are taking more responsibility for taking care of themselves. You can check into preventive health systems, like do-it-yourself programs that let you see how your life keeps changing—and how these changes can affect your health.
Dr. Daniel G. Miller, medical director
Preventive Medicine Institute
Strang Clinic
Outdoor sports are a terrific form of exercise. And we're starting a Walk America program. It's been shown that if you walk, you can live an average of two years longer than if you don't.
C. Carson Conrad, executive director
The President's Council
on Physical Fitness



THE LOOK OF NATURE

Left: It's a live-in greenhouse, and it's news. Here it's built right into a studio apartment in a building where almost a third of the apartments have insulated glass windows and curved partial ceilings that let the light pour through. Designer Robert Perkins balanced the narrow interior and the open space outside with pale sky blue, lots of white, and plants. Sheets upholster the floor-level bed. They're new by Oscar de la Renta for Cannon. Studio in The Turtle Bay Towers by Bernard Rothzeid for Rockrose Development Corporation.

ou'll see more sunshine in decorating. Iore flower fabrics, more indoor ardens, more greenhouse ooms to bring the outdoors in

AN WOOD

MARINA

Above: Full-blown, romantic flowers in true-to-life colors bloom all over this pure cotton fabric. It's part of a trend to bring the vibrant, often voluptuous colors into your decorating. Here, "Poppy Field" chintz by Schumacher. Shopping information, page 122.

What's new? What's coming?

Look for more variety. In decorating, something luxurious, something handmade, something with character, for a little surprise. In food, smaller slices served beautifully, with new emphasis on nutrition



LIVE-IN GREENHOUSE

Above: Here's another greenhouse idea, created in a cedar-paneled office-sewing room by an arch of Plexiglas. Streptocarpus, a blooming plumbago, and pots of begonias thrive on rough-sawn cypress benches over a border of beach stones. Building facts, page 123



Right: It's all in the threads: the more the better. Here, delicate wild flowers blossom on high thread count sheets and pillowcases, combine the luxury of cotton with the no-iron practicality of polyester. "Fantasy" by Wamsutta. Shopping information, page 122

TETSU OKUHARA
BEATLE
PAUL O'MALLEY

FRESH SLANT ON VEGETABLES



Above: **Beautiful food, beautifully presented: It's part of today's switch to lighter, healthier eating. The idea is variety, freshness, and making smaller portions seem like more. Here, a fan of julienne-cut chicken and vegetables with a gingery sauce. Recipes page 103**



Above: **In the bag—a lamp with a sense of humor, shaped like a paper sack, but actually made of molded fabric. A bit of switched-on surprise—and that's why it's news. "Sacchetto" by Signeaki Asahara for Cristal Art. At Lighting Associates, New York.**

NEW LUXURY IN SHEETS

What's new? What's coming?

Ease is the word. Clean design, low-maintenance materials, microprocessors that run equipment, take charge of security and set you free



Below: A range with brains, run by microprocessors, tiny chips that turn appliances into thinking machines. Here, microprocessors take their cues from a push-button control panel, and dinner is ready when you walk in. "Touch-N-Cook" by Frigidaire. Microprocessor by Commodore.



Below: A greenhou
dow topped by a s
transforms a kitch
ner into a sunny t
herbs and flower
offers a see-throug
of the great ou
Open wire shelves
watering easy. E
sink, a pot of
Lord & Burnham.
ing facts, page 12

GREENHOU KITCHEN

COMPUTERS AT HOME





Above: Dine in the garden in any weather, sheltered by a greenhouse. Flowers, ferns, and a view of the sky give this city spot an open-air feeling. Potting benches can be party buffet tables. Guests admire food—and parrot—indoors and out. By Tom Pritchard, Bill Jarecki.

SUPERSIZED PLATES

bove: The plate
hat's new is the big
late, big enough to
old plenty, and
alance on a lap.
ere, glazed pottery,
ooden spoons, lin-
n dishtowel nap-
ins. Plates, Wilton
rmetale. The Brass
ree. Shopping in-
ormation, page 122

STACKING LOUNGE

Above: The rocking lounge, fresh from the tropics: sleek molded fiberglass curves, streamlined to stack and store easily, clean in a flash. Weatherproof, lightweight, and virtually indestructible. Just like the ones at Club Med. "Riviera" by Sun & Leisure.

HORST
ROGER BESTER
EMERICK BRONSON
SUSAN WOOD
TOM YEE

What's new? What's coming?

Furniture with flexibility, sink-deep comfort that relaxes body and mind. In fabrics, smooth textures, subtle colors, a fresh handmade appeal



TRAY MEALS ON THE MOV



Above: Replace an exterior wall with a greenhouse bay, and the change is spectacular. Suddenly the outdoors is part of the indoors. The bay also created a sitting room solarium with plenty of space for growing plants. By Pratt, Box, & Henderson.



EASY MODULAR FURNITURE

Left: Sectional means versatility looks, and over comfort. The fu works with indust pers that let you z man to chair, unz into a bed. Covers for easy cleanin "Strips" modules flex at Beylerian.



Above: The greenhouse as a gallery, filled with light and potted geraniums. It connects a living room with a master bedroom, balcony work area, bath, small kitchen; a brief, refreshing encounter with nature. Plants from Robert Goodman. Interior by Betsy Aberg.

meal on a tray—
way to eat any-
the house, or fol-
sun from room to
r even outdoors.
a complete, port-
cesetting, and a
er when you set
—even when you
nt at the table.
ıy by Grainware.



Below: **Here's the new plant light that will let you grow almost anything almost anywhere. It's a balanced spectrum bulb—the first to be developed for flowering plants—and it screws into an ordinary socket. "Wonderlite" costs $40. By Public Service Lamp.**

HANDPAINTED LOOK FOR FABRICS

Above: Handpainted fabrics, or ones that look it, are turning up everywhere for decorating and entertaining. This one is a silk print with the tender, painterly look of a watercolor. It's "Chevron Bar" by Brunschwig. For shopping information, please turn to page 122

TETSU OKUHARA
WILLIAM P. STEELE
ROGER BESTER
MARIS SEMEL



GRAND ROMANCE

Voluptuous fabrics, flattering colors, for a little splendor with a twinkle in its eye

A flair for old-style European luxury plus flourishes of taffeta and fringe can create a mood that is unmistakably romantic. "I like rooms to look like they're right out of *Barry Lyndon*," says the Honorable Mrs. Patricia Harmsworth, whose New York City apartment shows she means it. In every room there's a look of voluptuous comfort that comes from furniture piled with pillows; borders and ruffles; needlework; sumptuous tapestries and rugs. The fantasy in the living room, *left*, is created by 18th-century English antiques all covered in pastel-colored silks and velvets, ruffled curtain swags of yellow taffeta tied with bows, and round tables dressed in full skirts. The pink-patterned silk sofa and the silk-embroidered French seat near it are even wearing an extra ruffly piping, and lamps have pleated or fringed shades.

Left: In the living room, swag curtains over festoon shades. Underfoot, an Aubusson rug.



Above: Mrs. Harmsworth in the study wearing the ruffled taffetas and silks she loves.

GRAND ROMANCE





nould a house make you aware of your wn presence in space? ere, extraordinary living in a house that ay change your ideas about architecture

In the hands of an architect who believes that building should be "abrasive," space is not decorated. There is no designated corner for a chair, no wall for a sofa, no particular spot for a table. In this house by architect Peter Eisenman, space suggests a new attitude toward living. Bare floors become a stage where functions of sitting, eating, sleeping, are acted out when necessary, with portable props. Like nature, the space lives by a constant process of building and rebuilding, composition and decomposition.

Above: Four mattresses, a pile of pillows, two trays of candles, and four "Z" chairs shift easily to other roles. Mattresses serve as guest beds. Designer: Massimo Vignelli. Fabrics: Marignan.

NORMAN MCGRATH

SPACE ALIVE





"Architecture, like poetry, is a resonance, which must sustain itself after the function, the meaning, the use, the program, the structure is understood."

—PETER EISENMAN

The house has no recognizable front façade with an entrance door. Walls jut out from all angles, all around. A column drops down to finish inexplicably 2 feet short of the ground. Nothing lines up symmetrically. "The whole structure seems to be falling apart," in the words of architect Eisenman. It's entirely intentional, a calculated plan to dispense with predictable attitudes to gravity and the natural conformities you expect of a house. While it's certainly not traditional, nothing irritates Eisenman more than to hear this building described as modern sculpture: "It's not an abstraction of anything. These columns and walls are themselves. They have an existence. The house has a history. It wasn't something that was an image in my mind. It grew out of a relationship between the owners and the structure."



Above: House from the back. *Right:* Front view. Entrance door is through trees on right. *Far left:* Plan of house

SPACE ALIVE



NORMAN McGRATH



This house establishes body awareness in space. Your eye travels across solid surfaces and translucent panels in search of glass and light. To see people, you must move around columns and oddly placed partitions. You feel the narrowness of a door, you bend to avoid a beam on the stairs. "Modern architecture," says Eisenman, "has made things convenient, easy, clean, functional, standardized, and comfortable. But life can be a lot more things in addition to being comfortable and convenient. When you are in proper contact with space you become more aware of your physicality and sensuality." Eisenman arrives at the sensual result through a complicated process of topological geometry. Structure is built with such mathematical order that this flat-roofed house would be virtually the same space if turned upside down—which explains why a staircase travels across the living-room ceiling, going nowhere. It is red, the complementary color to the real staircase, which is green. These two stabs of color rest against several shades of gray, black, and white. White, like the sun, marks the center of the space, the grays darken to black as the structure travels outward toward infinity. Symbolisms and intricacies of thought don't stop with mathematics and astronomy. The test in architecture is the manipulation of light. Here, double height spaces meet translucent roof skylights. Huge expansive panes from floor to ceiling make you feel as if you are walking in the garden. Then at night, *man-made sun*, artificial light from spots on the roof, streams through. With such excitement how could anyone be bored? "Extraordinary" is how the owner, photographer Richard Frank, describes the house. His art historian wife Susan thinks it's "radical." "Livable" is their joint conclusion. "It doesn't force any way of life on us, it just lets us be."

"The openness of this house brings the family closer together."

—OWNER RICHARD FRANK



Opposite page: Transformation in the living room designed by Massimo Vignelli. Two mattresses, casually rolled up like sleeping bags, become backrests. Copies of Rietveld's "Z" chairs stand back to back. Pedestals, one holding flowers, belong to the dining table designed by Lella and Massimo Vignelli. Its top, a slab of clear plastic, placed like minimal art against the wall, reflects nature.
Opposite page bottom: Table, pedestal at each corner, assembled for dining, with "Z" chairs. On left, the green stairway to bedroom. In back, the Franks' daughter Elizabeth.
Right: Dinner for four. Overhead the red stairway goes nowhere. In back, exterior wall panel of translucent plastic with grid design.
Above: Master bedroom; the transparent plastic panel in floor between beds (seen in closeup, *left*) carries light to living room.
Building facts, page 123.





SUN LIVING—ON

WHO'S MOVING TO THE SUN AND WHY

How you can bring the best ideas back home

By Caroline Seebohm

America—the land that offers everything—proves its worth more than ever today as people begin to reject ways of life that restrict their freedom or limit their ideas, and turn to an environment that will fulfill their dreams. And for many, that seems to be a life in the sun.

But as more and more people begin to enjoy the benefits of the sun life, so its influence begins to be felt elsewhere in America. The concept of the resort community, or living where you play, which originated in Southern California and Florida, is being adopted in the North, East, Midwest, and Western states. A more natural, informal life, with the vacation look indoors as well as out, is going to be something you can bring home wherever you live.

You have probably read about the phenomenal growth in the Sunbelt states: Between 1970 and 1976 their population rose by 7,144,000 persons, 63 percent of the total national increase (See box, at right). And it's not just retired people who are moving there, as earlier reports may have indicated. "The higher birth rate of a young population provides the main impetus," reports *Fortune* magazine. "Even in Florida and Arizona, the two retirement meccas, [retirees] account for less than a quarter of the in-migration." In other words, people who move there *stay*, attracted by jobs and a more relaxed life. "Go to the Sunbelt, young man," would be today's advice.

"The most important reason is the business climate," explains architect/developer Jonathan Morse, whose firm, Morse & Harvey, is developing a major office building in Houston, Texas. "The tax rate in New York is $3.50 per square foot, as opposed to 65 cents in Houston. It costs almost as much to rent for 2 years in New York as it does to own that space in Houston. Those figures tell the whole story." (See also business statistics by Fantus, page 120.)

The second great reason for the move to the Sunbelt is, of course, that other climate, weather. Vacationers flock to the South and Southwest (see Recreation, page 120), like what they see, and return again and again—maybe finally for good. Case histories abound of families leaving the urban existence for the relaxed Sunbelt lifestyle. Americans are more and more health conscious. They are aware of polluted air, bad water, inability to exercise. They are looking for ways to improve their living standards—and the Sunbelt can provide them.

Publishing executive Harvey Schloss is probably typical of the new Sunbelt dweller. He moved with his family from New York to California four years ago. Of the change, he says, "We ha more physical freedom and comfo We can spend more time togeth family; for instance, taking h garden-tending. I play tennis a l I love to come home from work a a swim in the pool before dinner.

As the people move, so the changes. If the South and Southwe traditionally been regarded as deserts, that is no longer true. As p and economic power shifts t booming areas, so do the arts. last year's "Southern Rim Confe an art seminar held in North Ca and the highly successful show Southeast Center for Contempora in Winston-Salem, both attended national curators and collectors.

The North Carolina Symphon Santa Fe Opera, the Houston Sym and Grand Opera are all finding f improve standards and increase n recognition. The American Dance val has just moved from Connect

Continued on pa

WHERE HAS EVERYBODY GONE?

The following states have welcomed new arrivals in the period beginning April, 1970 and ending July, 1976.

(Louisiana is the only Sunbelt state showing a loss in population.)





Sunshine, water, and a boat at your door—some of the pleasures offered by a resort community such as the Moorings, Vero Beach, Fla.

TOM TE

What's great about living in a resort community. What you should know before you invest.

THE RISE

HOW TO BUY YOUR PLACE IN THE SUN

Latest financial report on resort condominiums

By Paul Gross

Even though cost of housing has gone through the roof, vacation houses and condominiums are still a bargain compared to the rest of the market. And with good reason. The demand for vacation homes has been dampened over the past three years or so. First, the recession washed away a lot of the money that might otherwise have been spent on vacation homes. Then double-digit inflation came along and gouged away most of our disposable income—which meant that many of us couldn't afford to buy a second home. Finally, the market was hit by the Tax Reform Act of 1976—which severely limited the tax deductions you could take on a vacation home if you used it for more than 13 days of the year.

The recession is over, inflation is simmering down, but the Tax Reform Act of 1976 is still with us. And chances are that new tax reform measures, being considered by Congress now, could hurt the vacation home market even more. That's why real-estate counselors suggest that you buy defensively, which means spending just a little money, or buying a vacation home that could eventually be used as a permanent home.

TIME-SHARING CONDOMINIUM

If you don't want to invest a lot of money in a vacation home, and yet want a place of your own, you might consider a resort condominium with a time-sharing arrangement. It's one of the cheapest and most convenient vacation arrangements around. It works this way: You and a number of people buy shares in the same condominium unit. What you're actually buying is the right to use the condominium for a specified time of the year—say, the first two weeks in January.

The cost is amazingly low, especially when you compare it to the cost of a resort hotel. For example, a 1/22 share of a comfortable two bedroom condominium might cost you around $5,000 plus $200 to cover your share of the furnishings. Spread over the life of the project, which could be as long as 30 years, the cost of owning an annual two-week stay at the condominium would run around $175, and expenses for two weeks during a peak month might come to another $175. That covers your share of utilities, linen service, insurance, use of recreational facilities, administrative costs, and the homeowners association fee. All told, a two-week vacation for your entire family might well cost you about $350, or $25 a day.

You can protect yourself against hassles by making sure that the title insurance covers your share of the unit and conveys a specific time period to you. That way you actually own the right to use the condo for, say, two weeks in July. But that doesn't mean you're locked into July. You can easily exchange vacation time slots with your co-owners or people who own shares in other condo units. You also want liens against all time-sharing owners so only the owner who damages the unit is forced to pay for it.

If you buy the time-share unit for your own use, you can only deduct the interest on the loan you used to buy the condo and your share of the real-estate taxes. If you rent your time period to someone else, you can also deduct your pro-rata share of expenses and depreciation. However, if these deductions amount to more than what you get in the rental income, you probably won't be able to use the excess deductions to shelter some of your regular income from taxes. According to the Internal Revenue Service, you can do that only if you have a profit motive for owning the unit. And that would be hard to prove since the deal isn't designed to be a money-maker.

RENTAL POOL CONDOMINIUM

Alternatively, you might look into a resort-area condominium unit in a rental pool which is costlier and slightly more complicated. You buy a condominium unit which is then put into a rental pool along with other units in the same development. The manager of the condominium will then try to rent out your unit during those times it's not reserved for your own use. Since it's a pooling arrangement, you and the other condominium owners share the rental income and operating costs.

A luxurious two-bedroom condominium might cost $50,000. If you put 25 percent down and financed the rest over 30 years, your annual mortgage cost (at 8½ percent interest) will come to $3,456 a year. You'll also have to pay around $20 a day for services while you occupy your unit. Those who rent units from the pool pay around $60 a day.

Since this kind of venture is set up as a profit-making venture, you can probably use your maintenance and depreciation expenses to shelter other income

Continued on page 162

SUN LIVING MEANS

SIMPLIFY

No-nonsense furniture, easy-care fabrics and surfaces, and rooms that open to the outdoors – ideas from a cluster condominium on the waterfront



Simplicity, harmony, and the ingenuity of South Florida common sense inspired the condominium houses in South Passage at The Moorings, Vero Beach, Fla. Architect Peter Jefferson drew on early Florida architectural concepts—cross ventilation, high ceilings, covered porches in most units—and used local, natural materials, lots of cedar and Southern pine. Inside, as in Mr. and Mrs. Harry O. Hoyt Jr.'s vacation house living room, *opposite page,* designer Frank J. Lincoln used cotton upholstery that can be removed for cleaning, a mop-clean glazed white tile floor, white walls, and wicker furniture. "You can turn the key and walk away without worrying," says Mr. Lincoln. The Hoyts worked with Mr. Lincoln from Connecticut, where they live most of the year. "We had known about Vero Beach and like the community," says Mrs. Hoyt. "We love the water and have friends in the area. It's difficult to choose the right place for a second home. We were looking down here for about 10 or 15 years. My advice is, *take your time.* Places and communities change." The Hoyts hope to live at South Passage permanently one day. "The Moorings has 7 miles of waterfront property, with boating, golf, and fishing," says its manager, Chris Blackman. Architect Jefferson decided to create a village atmosphere where the houses look different, yet relate in color and size to the environment.

DAVID THAL





This page, from top: view of South Passage from the Atlantic Ocean side. **Each unit has its dock** with mooring facilities. **Blackman family** on their dock. **Fishing picnic.** **Easy-care dining area** by William Tannhauser. Rablen-West Interiors. **Street entrance** to South Passage houses. **Left:** Boats in dock. **Opposite page:** Two-story town house living room filled with bright, fresh colors. **Opposite page, top:** Decks along South Passage.



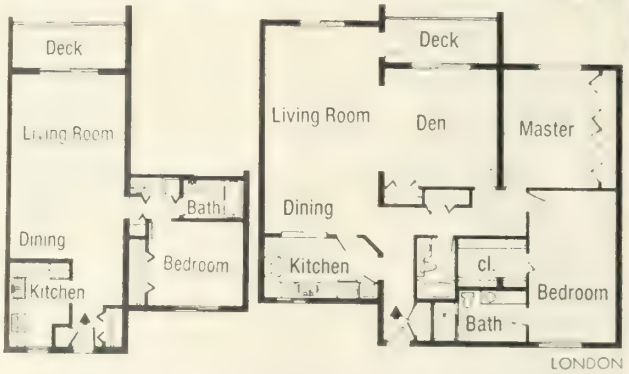
SUN LIVING MEANS

RELAX

Flexible living spaces, efficiency in the kitchen, colors that stand up to the sun—ideas from a court-side tennis condominium



TOM YEE



LONDON



DAVID THAL

Why not live where you play? So say residents of the Tennis Club of Palm Beach, who enjoy 17 tennis courts, pool, terrace, and snack bar all within easy reach of their condominiums. Inside, the apartments are designed for flexible living (see floor plans, *above*.) These two are owned by the Charles Merrills. Mr. Merrill, an artist, chose the rich color schemes. "So many interiors here are off-white," he says, "and the air-conditioning can feel chilly. So I decided to use lots of orange, green, and rose red—a mixture you often see in hot climates like Mexico or India. And paintings look better on strong-colored walls." The kitchen, *opposite page, far right,* is connected to the dining area by a pass-through, which works as a buffet for parties; the roller blind conceals kitchen clutter. Within the shell of tropical colors in the apartments are batiks and boxes from the South Seas, and a carved wooden panel from New Guinea, *far right*. The black lacquer armchairs in the living room are Chinese.





Right, from top: Front entrance to club.
The condominium apartments and tennis court.
Swimming pool and umbrella-shaded tables.
Apartment interior overlooking tennis court.
Apartment living room glowing with color.
Balcony with shady trees and outdoor views.
Left: Studio apartment compact dining area; storage.
Opposite page, clockwise from top: Balcony view of tennis court, where champions play.
Mr. and Mrs. Charles Merrill on their deck.
Dining area and kitchen, with handy counter.
Dining area, counter hidden by wooden blind.
Living room, with South Seas and modern









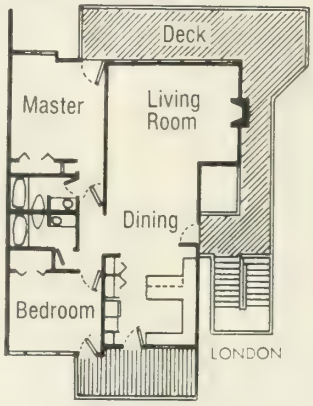




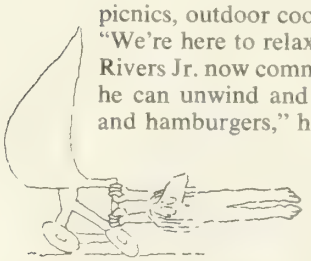
SUN LIVING MEANS

ENJOY

Outdoor dining decks, multiple-use rooms, and living next to nature — ideas from a wildlife island-resort community



"As soon as I saw the roof deck, I knew we must live here," says Mrs. Everett Knight, whose family bought a town house on Kiawah Island, South Carolina, for a vacation home soon after it opened. It's another world from her life in Summerville. "Our house there is very traditional; I wanted the opposite," she says. Working with Charleston designer Nancy Gales, Mrs. Knight chose a fresh clean look with lots of green, yellow, and white, *opposite page,* all with easy upkeep. "I wanted it to be comfortable—a no-fuss summer place." The views are spectacular, with resort facilities (swimming, tennis, golf) separated from the retirement and single-family houses. "You can take a jeep safari through the back parts of the island," says Frank Brumley, general manager of the community and an island resident. "You see alligators, deer, shore and marsh birds of all kinds." As for the way of life, well, it's outdoors most of the time, and very informal. "A lot of picnics, outdoor cooking, and casual clothes," says Mr. Brumley. "We're here to relax, after all." Charleston TV broadcaster John Rivers Jr. now commutes from his WCSC office to Kiawah, where he can unwind and entertain friends. "I cook trout, grill steaks and hamburgers," he says, "and we dig for clams or catch crabs in the creek. It's a quiet life. People come here to enjoy the island, not to have late night parties." John Rivers's house is filled with photographs he's taken of the island, plus "odd beach things I've collected that make it personal."



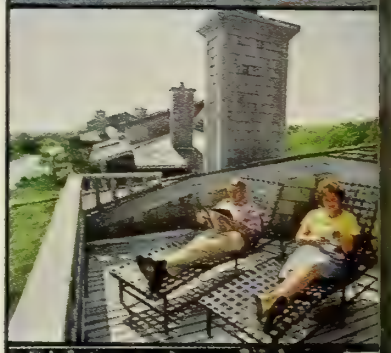
DAVID THAL



Right, from top: The catamaran, most popular form of boat at Kiawah, for rent or sale. **Rooftop deck** for getting sun and the best view. **Tennis**—just one of the recreations available. **A jeep safari**—nature trip through the island. **The Kiawah Island Inn** seen from the dunes. **Dappled sunlight** and rockers on the porch. **A South Carolina sunset** over the marshlands. **Left:** The Brumley family with a typical picnic—bread, cheeses, and fresh-caught crabs. **Opposite page, from top: Living room and dining area** in an oceanfront town house—light greens, a wood floor, wicker, and nature outside. Charles Hinman graphics from Pace Gallery. **Bicycling on the beach**—another favorite pastime. **Boardwalks** make for easy walking everywhere. **Single-family houses,** off the golf course.

SUSAN WOOD





















WHAT SUN LIVING MEANS TO YOU:

Family living—open house

Even on a small lot you can enjoy wide-open living and entertaining, and grow your garden in planters





Living moves outdoors when open-air spaces are designed as extensions of the house. To make the most of the California sun life on a 100-foot-square lot, architect-owner Jack MacAllister first enclosed the minimal lot in a wall of white stucco to suggest an extension of architectural space. "The wall provides protection from noise and weather and makes the entire site usable," says Mr. MacAllister, who took advantage of the now private space to bring the life of the house through open doors into a series of new outdoor rooms. Outside walls are columns and vine-covered trellises that divide the space for family relaxing, recreation, eating, and gardening. Renovating a house designed for more enclosed living into one with a wide open attitude, Mr. MacAllister turned all the windows into doorways between complementary indoor and outdoor spaces. The family room, *right above*, opens onto the redwood hot tub, in which family and friends often gather in the evenings to relax and talk. The living room opens to an outdoor dining area paved in Mexican tiles, *opposite page*, in which landscape architects Luis Villa and Lois Sherr added the refreshment of a fountain.

Above right: Diane and Jack MacAllister play pool; Tony, Elizabeth, and John enjoy 110° tub water. **Bottom right:** Douglas fir beams shield pool, add perfume with night-flowering jasmine creeper. **Opposite page:** The terrace room—furnished with Samsonite nylon and redwood chairs and tables.

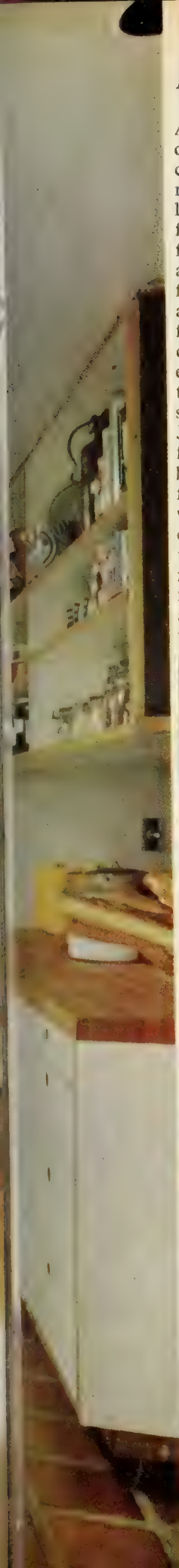


Family living–open house

A functional kitchen with openings onto a garden court, two separate dining rooms, and a hallway to the living room provides space for the constant ebb and flow of family and friends, and a handsome hub for family activities. It enables all six MacAllisters to join forces for their favorite occupations of cooking and eating. "Anything you have to do three times a day should be a pleasure," says Jack MacAllister, and to facilitate the preparations, he designed a large 15-by-27-foot kitchen with many work surfaces and heavy-duty professional equipment that includes a Sub-Zero refrigerator/freezer, restaurant stove, trash compactor, and garbage disposal. But the atmosphere has all the warmth of a family kitchen with off-white laminate surfaces, mineral-oiled maple butcher blocks, skylights, and terra-cotta floors that reflect light to create a warm glow. Storage is mostly open "to encourage us to throw away things we don't use and to buy good-looking equipment."

The kitchen is designed for the pleasure of cooking together

BEADLE













Above: Walled kitchen garden where vegetables and flowers are grown in raised redwood planters, herbs in clay pots. Elizabeth snaps beans; Tony picks tomatoes.
Above top: Mexican lunch of fresh fruits and chilaquiles—a combination of tortillas, jalapeño chilies, and chicken (recipe page 119), and refried beans.
Far left: Kitchen: two islands, a stainless steel gas range. On exhaust hood, collection of French copper; bar bottles, enameled cast-iron pots on shelves.
Near left: Butcher block island reserved for eating and for guests to perch and watch the action; behind—Wolf broiler and barbecue.
Above center: Dining room with big, square table looks onto the courtyard garden.



WHAT SUN LIVING MEANS TO YOU:

Decorating– let yourself go







Even a house that has all the charm of old beams and latticed windows may have lived its first life as a tiny beach shack. Here's one that did. In the living room, **opposite page and left,** original ceiling was removed to reveal pitched roof. **Above:** The brick-paved patio with a small-space vertical garden of bougainvillea.

RUSSELL MACMASTERS

A house updated for casual living with small-space ingenuity and a fresh sense of freedom indoors and out

Decorating–let yourself go



Painted clouds, tented bedrooms—simple ideas that make a big splash



Open it up with high ceilings and lots of glass: That was the simple formula Cynthia Lindsay used to transform what was literally a three-sided shack into a sensational California beach house. She and designer Robert Patten rescued old beams from a deserted mine and ran them lengthwise and crosswise on the ceiling—and vertically along walls to create special niches for books and artwork. Since space was limited and rooms likely to be very small, they converted the whole ground floor into one living-sitting-kitchen area and paved it all with concrete floor tiles—"easy-to-maintain in spite of all the wet, sandy creatures that come through here," says Ms. Lindsay. Even the decorating avoids clutter: Collectibles are not mere conversation pieces. In the kitchen, *top left,* Ms. Lindsay removed every other spoke in an antique English plate rack and put it to good use storing wine; a Sicilian donkey cart axle was turned into a chandelier; an old doughboard became a serving tray. In the sitting room, *top right,* the glass-topped pedestal table is a display case for sea creatures and coral.





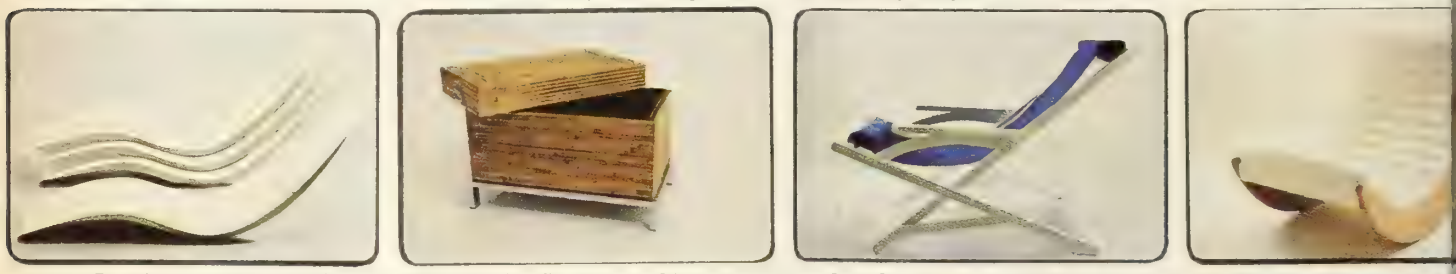
Right: The master bedroom. In an alcove draped with fabric, a bed made from two French doors. Drawers beneath it store extra blankets. On the gable, two John Morris paintings.
Top left: In the kitchen, from left, Mrs. John Frankenheimer, Robert Patten, Cynthia Lindsay.
Top right: The sitting room. Ford Ruthling etchings.
Above: For guests, a bed with trompe l'oeil clouds. Cushioned chest, mirror, and night tables were a one-piece bureau.
Left: Bathroom with Chinese tub.
Right: In guest house concrete support beam became a bed.



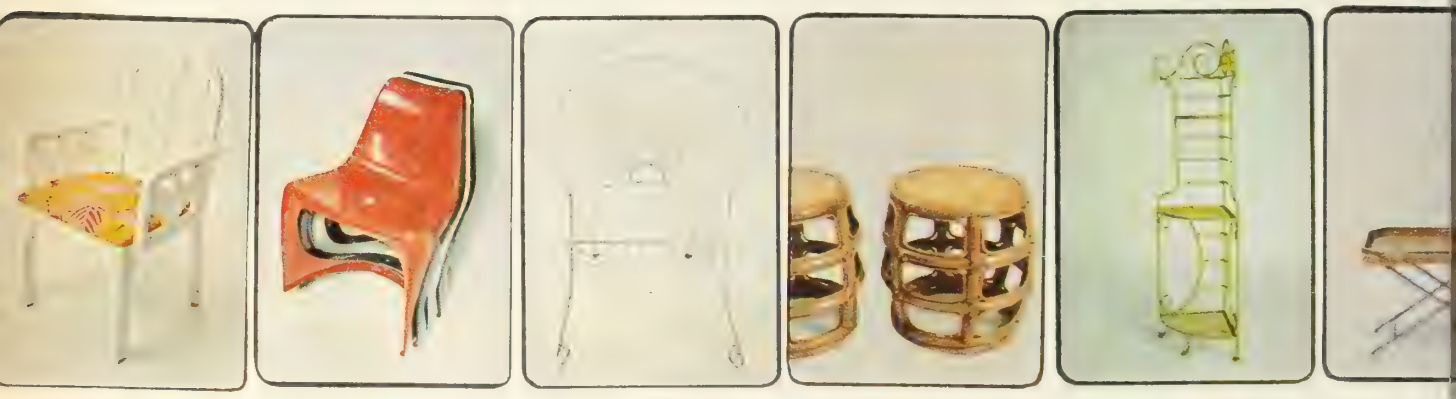




1. Carry-away rattan tray on a folding stand, 39 inches high. Willow & Reed. **2.** Enameled aluminum armchair, mesh sling seat. [illegible] scope Folding Furniture. **3.** Woven rattan peacock chair, 60 inches high. Moreddi. **4.** Wicker lounge chair with pull-out ottoman [illegible] **5.** Polished chrome armchair with meshwork of pale Malaysian reed. Contemporary Shells. **6.** Slatted hardwood armchair.



7. Rocking, stacking chaise of molded white fiberglass, 60 inches long. Sun & Leisure. **8.** Split bamboo chest with lift-off top on a ch[illegible] stand, 22 inches high. DIA. **9.** The traditional folding deck chair with canvas sling seat, head and knee cushions. Imported from F[illegible] by Triconfort-Clairitex. **10.** Rocking lounge chair with upholstered white canvas on a natural beech frame, 32½ inches high. Turne[illegible]



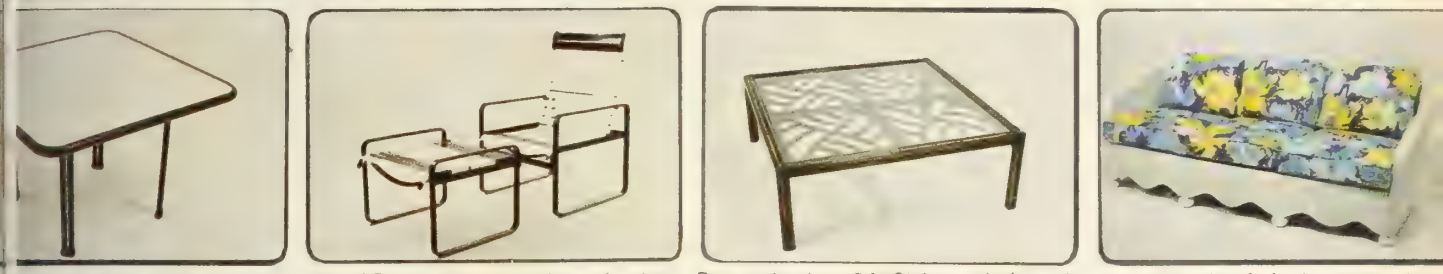
11. Everblooming armchair, floral print cushion. Wycombe, Meyer, **12.** Stackable side chairs in 4 colors. Cado/Royal System. **13** French garden chair of enameled wire. Trouvailles. **14.** Rattan "garden" benches, 18 inches high. Calif-Asia. **15.** Wrought-iron corner b[illegible] rack, woven wire shelves, in 12 colors, 71 inches high. Carolina Forge. **16.** Folding tray of split rattan, 19 inches high. Thomasville.

Sun finds

Easy-care furniture f[illegible] porch and terrace liv[illegible]



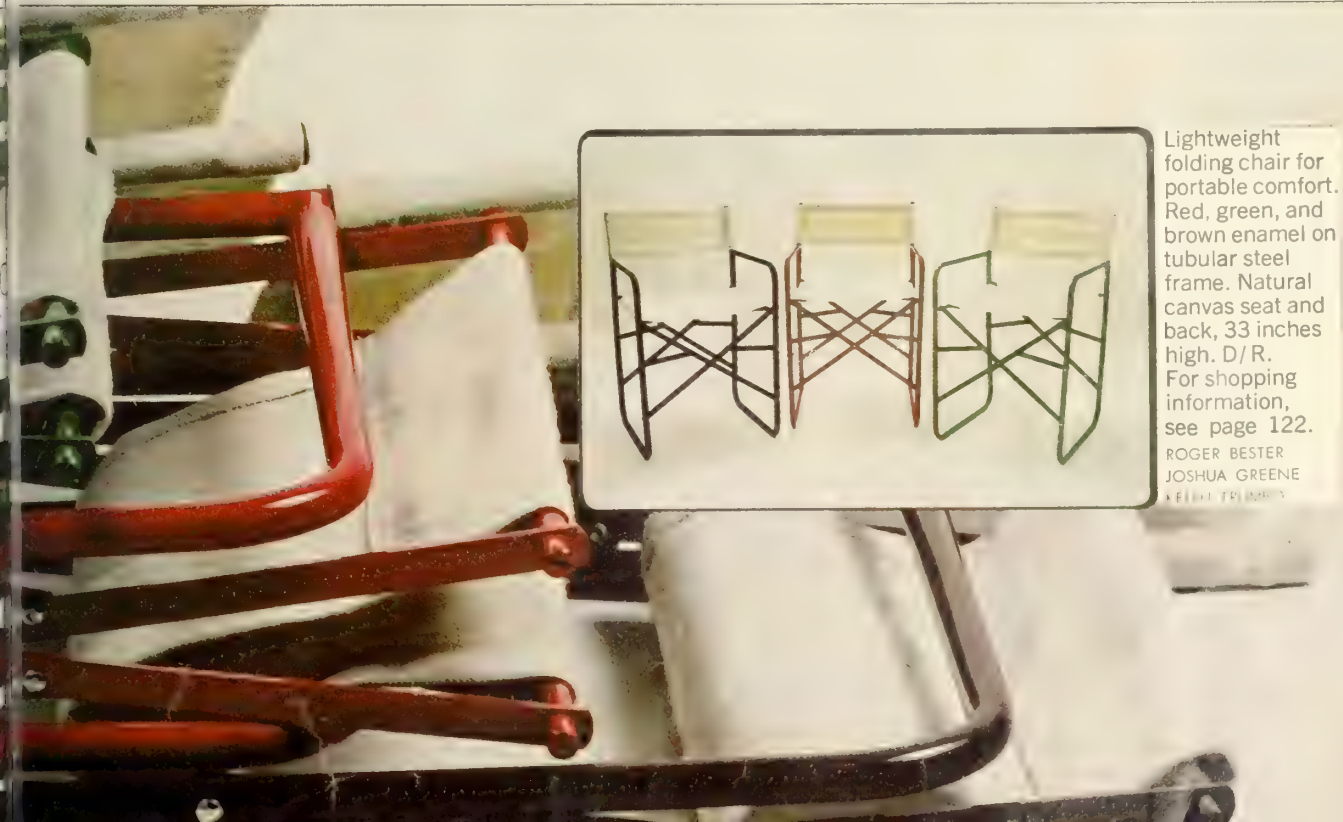
attersall in a rattan chair with a checked cotton cushion. Ficks Reed. **18.** Slouchy linen sling chair of pale ash. Beylerian. **19.** A white ıerproof slatted side chair. Camath. **20.** Five-foot stretch of cane-back chair, Haitian cotton covered pillow. Thomasville. **21.** Classic chair in white finish. Triconfort-Clairitex. **22.** Enameled steel screen with stretched canvas panels, 74 inches high. The Bunting Co.



nameled aluminum folding table, 35 inches square, lots of colors. Brown-Jordan. **24.** Strippy chair and ottoman made of vinyl, strapped enameled aluminum frame. Keller-Scroll. **25.** Rattan under glass—a low table with delicately curved panels, darkly finished. 16½ inches Ficks Reed. **26.** A cozy white wicker sofa with cushions upholstered in Key West cotton, 78 inches long. Ficks Reed.



ushiony willow lounge chair with its own tilted ottoman. McGuire. **28.** Lattice wicker chair with batik cushion. Hammary. **29.** Tortoise- ed bamboo armchair with loose cushion. Ficks Reed. **30.** Easy-to assemble chair and ottoman with metal base, loose cushions. Syd ı. **31.** Screen of pencil-thin rattan dowels, 77 inches high. Willow & Reed. **32.** Blue rattan serving cart. 34 inches high. Ficks Reed.



Lightweight folding chair for portable comfort. Red, green, and brown enamel on tubular steel frame. Natural canvas seat and back, 33 inches high. D/R. For shopping information, see page 122.

ROGER BESTER
JOSHUA GREENE









KARINA SCHINZ

Rock garden at earns its keep

How a famous gardener insulates his greenhouse not with rocks, but a rock garden

Why not save energy and insulate with a garden? James Underwood Crockett, Boston's TV gardener, does just that. Inspired by soaring fuel costs, Crockett applied his Yankee ingenuity to a pile of rocks and created an alpine garden against the foundation of his drafty old greenhouse. The garden soaks up sun all day and then holds warmth through the night—like a blanket—reducing heat loss from the bare foundation. It's a principle that works for house foundations, too. Mr. Crockett piled soil and stone so the base of his garden is slightly wider than the top; setting the rocks horizontally and slanting each one gently toward the back to let rain trickle into tiny pockets of soil where the plants grow. Plants were set in as the wall was built, and each is truly a gardener's delight. There are heaths, heathers, plumbago, and tiny alpines—alyssum, anemone, edelweiss, columbine, campanula, dianthus, saxifraga, sempervivum, and more. A few dwarf evergreens dot the top of the bed —juniper, spruce, Hinoki cypress, and a miniature rhododendron. Because every drop of water is critical to the small soil pockets, Mr Crockett added bits of long-fibered sphagnum moss to hold extra moisture. Pebbles sprinkled on top of the soil prevent weeds and ensure cool roots. With occasional trimming, plants stay small and easy to care for. To make your own rockery, see page 156.

Left: The rock garden, a tapestry of alpines, hugs greenhouse foundation; the pebble trench at the base means no weeds or grass to be mown.

Opposite page, top: Jim Crockett, star of *Crockett's Victory Garden* (PBS, WGBH) and best-selling author.

Opposite page, center: Jim and Margaret Crockett's backyard flower and vegetable garden.

Opposite page, bottom: In wall, a hollowed cobblestone holds water to attract birds.



YOUNG IDEAS IN DECORATING

he invisible kitchen



One sensational color to unite it with the living room; mirrored panels to make it disappear

First came the color—the deepest of peony pinks—and all the other design decisions followed. It went on all the walls—living room, bedroom, and kitchen, even inside cabinets and cupboards, uniting the apartment in one continuous sweep of color. In fashion consultant Pamela Kane's small windowless kitchen, she and designer Ronald Crosetti kept original equipment and cabinets but lowered the ceiling, painted it peony, and added mirror back splashes for sparkle. When there's no time to clean up before dinner, the kitchen simply vanishes behind folding mirrored doors that reflect the living room and the view of San Francisco from the terrace. Just outside the kitchen is the round dining table covered in a French country print over white moiré. "I prefer sit-down dinners for six," Pamela says, "but more often than not friends drop in and dinner is transformed into a buffet for ten."

Left: With the mirrored doors open, Pamela can be with her guests while working in the kitchen.
Above: *Now you see it:* With mirrored doors open, color unites kitchen with the living room.
Below: *Now you don't:* Doors close to hide cooking clutter and to reflect the terrace view.





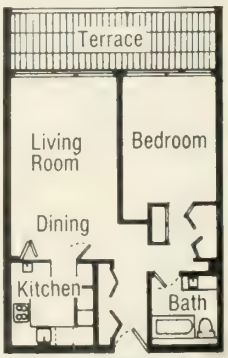




The invisible kitchen

When you have a love affair with one strong color, play it cool with expanses of mirror, lots of white

Although the deep peony pink blooms all over Ms. Kane's apartment, the way she used it creates a whole garden of variety. In the living room, for instance, an entire wall of mirror cools down the color, expanses of white give it a lift, and two different patterns—stripes and flowers—broaden its personality. In the bedroom, the peony, used as a foil for white furniture and fabrics, takes on a surprising new mood—quieter and more serene. "To use the same strong color in every room, you really have to love it," says Ms. Kane. "This one is a color I'll never get tired of." There's more to the color story than just affection, however. When you start off with a smallish space, one-stroke color is a smart way to make it seem twice its size, push back the walls, avoid stops and contrasts, keep the eye moving. All that mirror does expansive things to space, too: The wall behind the sofa doubles the room's width and gives a graceful proportion to the swagged-back curtains, and the kitchen's mirrored doors give the illusion of a second terrace view that, on a clear day, goes on forever. Within this spatial sleight of hand, Ms. Kane fills her life with flowers, collections, and the people she loves to entertain.



Right: The living room. Furniture designed by Ronald Crosetti.
Left, top: On the terrace, a potted garden. Low terra-cotta planters are filled with boxwood interspersed with privet cones and pink and white azaleas.
Left, center: Above the white moiré bed built up high for old-fashioned comfort, a touch of the contemporary—painting by John Kings. Here, as everywhere, tabletops are covered with family photos and flowers.
Left, bottom: Living room looking toward the kitchen—mirrored doors reflect dining table and plates.
Above: Plan of apartment.



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People say it's the best.

Who's moving to the sun
continued from page 76

Duke University. The intellectual population is rising—scientists and engineers in particular. Statistics developed at the Research Triangle Institute in North Carolina show there is a "brain drain to the South"; new laboratories and facilities worth $100 million are currently being built in the North Carolina area.

Not that a new arrival to the Sunbelt will feel immediately at home. *The New York Times* reporter Grace Lichtenstein, who admitted she'd never been out of Brooklyn for more than 3 weeks at a time, recently went to the Southwest for the *Times* and wrote a book about her experiences, *Desperado* (Dial). In it she wrote, "Culture shock rocked me like the reverberations of a small earthquake. Minute things, like getting hash browns with each order of breakfast eggs. Mustard instead of ketchup on a cheeseburger. . ." Out dancing in a New Mexico inn, she noted, "You need good elbows and pointy boots at the Golden Inn; New Mexicans dance with pounding, foot-stomping abandon that makes New York discos look like tea dances."

This abandon is reflected in other interesting statistics about life in the Sunbelt. The divorce rate in Texas and California is more than double the divorce rate in New York and Pennsylvania; the divorce rate in Florida, Oklahoma, and Wyoming is nearly triple the divorce rate in New Jersey and Massachusetts.

It is a freewheeling life, without traditions, without ties, and it appeals to the new thriving business communities and also to the people who have always followed the sun—the great American playmakers, who have discovered that certain parts of the Sunbelt offer not only a perfect climate and miles of glorious beaches, but also some of the best sporting facilities in the world. They offer, in short, an invitation to join a year-round playground for children and adults. More and more people are finding it hard to turn down.

HOW TO PURSUE THE RESORT LIFE

There are various ways of becoming a resort person. You can buy a beautifully located plot, if you can find it, and build on it, if you can get permission. You can build on existing land within a development community. But since many people today can't afford single-family houses, by far the most popular way to

Continued on page 119

THE LUSCIOUS LAYERED SALAD

Opposite page: For lunch at his vacation house in Key West, designer Angelo Donghia serves a salad of thickly sliced tomatoes, mushrooms, and green pepper in a clear glass bowl. The dressing, a mustardy vinaigrette.

WINE & FOOD

VIVA LA VEGETABLE!

The luscious layered salad and other inspirations



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This month: Great techniques for preparing vegetables shoestring-style; roundup of the best equipment to slice, peel, grate, and shred; and tips galore for cooking and serving; plus velvety wines to serve with dessert.

Viva la vegetable!

50 glorious and nutritious ideas for vegetables / By Jane Ellis

SPINACH WITH ROQUEFORT BUTTER
Blanch leaf spinach in boiling water and pat dry. Sauté quickly in browned butter and serve immediately with a pat of butter and Roquefort blended. Paula Wolfert, author of *Mediterranean Cooking* (Quadrangle).

TONIC FOR HERBS
All herbs have to rest once in a while. When they appear tired, place them in the refrigerator. After they have been in there long enough (thinking it is winter), they will begin to sprout. Take them out and move to a sunny window. From Peter Dunlop of Horticulture House in New York.

CREAMY VEGETABLE DRESSING FOR SALADS
Mix chopped parsley, chopped celery, finely chopped red and green bell peppers, and plenty of freshly ground black pepper with sour cream and plain yogurt to taste. From Richard Simmon's Ruffage restaurant in Los Angeles.

Spoon cold, very spicy **guacamole** on top of piping hot baked potatoes.

Substitute **shredded white turnips or kohlrabi** for celery root in a rémoulade. Do not blanch them first.

Serve **shredded green cabbage** with a stew instead of noodles. Cut cabbage coarsely as for fat cole slaw. Steam in just an inch of water and a big piece of butter for about 9 minutes, until crisp but cooked. Serve with lots of freshly ground black pepper. From Fayal Greene, author of *The Food Processor Cookbook* (Dell).

GREEN CABBAGE WITH GINGER AND WATER CHESTNUTS
Shred cabbage finely and sauté 4-5 minutes in butter in a large pan. At last minute stir in a few small slices fresh ginger and sliced water chestnuts.

Try the same idea with **broccoli.** Peel the stems, and slice finely.

Keep well-scrubbed **ginger,** unpeeled, in a jar of white wine in the refrigerator. It will keep moist indefinitely this way and doesn't need peeling when you use it. From Bonnie Fleuridas, an artist living in Scottsdale, Ariz.

Grapefruit and green pepper salad: Section grapefruit. Save the juice and mix with a little oil, salt, and pepper. Arrange sections on lettuce leaves together with thin slivers of green pepper. Dribble with dressing. Garnish with chopped parsley.
Watercress and green pea purée: Purée 2 packages frozen peas, cooked, with a bunch of watercress and a little butter.
Leek and potato purée: Combine 2 parts leek with 1 part potato for a tangy purée. Season with salt and pepper. From Maurice Moore-Betty, New York cooking teacher and cookbook author.

A MARINATED SALAD
Combine zucchini and yellow squash. Slice thinly and cook until tender but crisp. Drain, and cool under running cold water. Marinate in a sharp Dijon mustard vinaigrette for ½ hour before serving. From cartoonist Gahan Wilson.

Cut **zucchini** into fingers and blanch it in boiling water. Drain, and place in a casserole. Top with a mixture of bread crumbs that have been browned in butter or oil, chopped dill, and a little garlic. Bake until hot. From architect Ada Melamede.

RUTABAGAS
Sweet yellow turnips are surprisingly delicious raw. Combine finely julienned peeled rutabagas with matchsticks of smoked ham or tongue. Bind with a mustard-and-dill-flavored mayonnaise. Season well with pepper and lemon juice. Chill several hours before serving on shredded romaine.

FENNEL, ORANGE, AND WATERCRESS SALAD
Fennel adds a subtle fragrance and crispness to wintry salads that might need some spice. Trim bulbs and stalks removing any stringy bits. Reserve feathery tops for sprinkling over dishes as you would parsley. Sliver fennel into neat, short strips and combine with oranges and watercress. Dress with orange and lemon juices and oil. Or toss **fennel matchsticks with blanched green beans,** sliced oil-cured black olives, and a light mustard-chive vinaigrette. From food writer Elizabeth Colchie, who is writing a cookbook.

STUFFED ZUCCHINI CUPS
Wash and trim 4 zucchini, then cut into 1½-inch lengths. Remove core leaving a sturdy ring. Parboil in salted water 4 minutes, drain. Cook 2 scraped carrots until soft. Mash with 2 tablespoons butter and add enough nutmeg and salt to taste. Place zucchini rings upright on a dish, fill with carrot purée, and serve. Good hot or cold. From Marion Cunningham, who teaches cooking in San Francisco.

SAUTÉED SPINACH WITH PINE NUTS AND CURRANTS
Melt 4 tablespoons clarified butter in a large skillet. Soak ¼ cup currants in madeira to cover for ½ hour and drain. When butter is hot and sizzling, add 4 tablespoons pine nuts, currants, and 1 pound fresh spinach. Stir fry with tongs or chopsticks so all surfaces get heat and butter. Remove from heat just as spinach begins to wilt. Do not let it wilt completely; dish should look like half-wilted spinach salad. Season with salt and pepper and serve immediately to 4. From Michèle Urvater, who runs a cooking school in New York City.

SALSA VERDE TO SERVE AS A DIP
for crudités or to accompany hot steamed vegetables or sausages: Combine 2 hard-boiled eggs, 1 large bunch parsley, 5 anchovy fillets, 1 small onion, 2 pieces red pimiento, and put through a grinder. Mix 1 tablespoon chopped garlic, 1 cup olive oil, fresh black pepper to taste, ½ cup red wine vinegar, and 1½ tablespoons medium-size capers together in a bowl. Combine with ground ingredients and taste. It must have a distinctive vinaigrette taste. If it doesn't, add more vinegar. From Alfredo Viazzi's Trattoria Da Alfredo in New York's Greenwich Village.

Continued on next page

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AVOCADO
Put avocado slices on baked potatoes, spaghetti, or whatever occurs to you.

BROCCOLI FLOWERETS
Are delicious as a finger food sprinkled with a little salt, or seasoned salt, or a squeeze of lemon.

PEAS IN A NUT DISH
Shelled green peas can be served as a snack or an hors d'oeuvre in a pretty silver nut dish. They'll go faster than peanuts.

PARSLEY WITH ROQUEFORT OR BLUE CHEESE DIP
Chilled parsley is fun to munch on and tastes marvelous with dips. Arrange brilliant green parsley flowerets on a plate around a creamy blue cheese dip.

FAT ZUCCHINI CRACKERS
Whenever you see really fat zucchini at the market, snap them up to cut into "crackers." Serve them with any spread you would serve on a regular cracker.

A CHILD'S GARDEN OF TURNIPS
Cut the turnips in amusing shapes—diamonds, blocks, snipped slices with pinking shears—and serve them to children, who instantly love their sweetness. From *The Delicious World of Raw Foods* by Mary Louise Lau (Rawson).

ROASTING VEGETABLES FOR SALADS
Roast whole eggplants and sweet or hot peppers over an open flame turning frequently until they are very black and soft. Pierce with a knife to let steam escape. The skin peels off easily; the taste is smoky. Chill before cutting for salads.
Patsy Graham

CHOPPED ONIONS
Keep for days in the refrigerator if they are rinsed and very well drained, then kept covered.

POTATO PANCAKES
Boil peeled potatoes in salted water until very tender. Put through a food mill into a pot with a piece of butter. Add some flour and beat in with a wooden spoon. Add warm heavy cream, salt, and white pepper to taste. Do not let the mixture get too loose. Fry by spoonfuls in hot butter in a

Continued on page 116



Salads with a new slant

—Shoestring vegetables beautiful arranged for variety on the light si

A new artform—"platescapes"—combines decoratively arranged, thinly cut foods. The result is salads as light and refreshing as a dip in the Mediterranean. "Part of the fun of these salads is arranging a pretty picture; each one is unique, yet the variety is endless," says Mrs. Michael Graham, who, with her husband, owns and runs the Il Pellicano hotel in Porto Ercole, Italy. She begins preparations early in the morning roasting vegetables such as eggplant and peppers until they are charred all over—the black skin is then peeled off and the vegetable takes on a rich, smoky taste. Shoestring cucumbers take patience, but then they soak in icy, salted water until needed. Green beans are cooked quickly to preserve their intense green and also wait in icy water. Mrs. Graham also designs for her boutique and scouts up and down Italy for the beautiful plates which are her passion (*right*). Recipes are always spontaneous creations.

SALAD OF CHICKEN AND CUCUMBER WITH GINGER

1 Poach chicken in well-seasoned broth with fresh herbs or use leftover chicken or turkey. Cut into slim sticks. Scrub 2 cucumbers well, cut one in fourths, and remove seeds. Cut into long, graceful strips; cut second one in half, seed, then slice it into thin crescents. Clean a carrot, and cut slices with a vegetable peeler. Cut several scallions, including their green tops, into thin rounds. Arrange the slivered chicken and cucumber in small bundles on a large plate. Pile cucumber in the center, and scatter carrots. Top with a sauce of 2 parts stem ginger syrup, 2 parts salad oil, 1 part vinegar, 1 part soy sauce, and ½ teaspoon finely chopped stem ginger per person.

GREEN BEAN, CHEESE, AND HAM SALAD WITH NUTS

2 Cook green beans until *al dente*, cut thin Gruyère slices into fine strings, cut fresh ham slices into ½-inch strips and roll tightly. Toast sesame seeds and pine nuts lightly in a skillet. Toss all ingredients with a spicy vinaigrette made with dry mustard, walnut oil, white wine vinegar, salt, and freshly ground black pepper.

ROASTED SWEET PEPPERS WITH FRESH PEAR DRESSING

3 Roast green, yellow, and red sweet peppers over an open flame until black. Cut some into long slivers and some into ½-inch squares. Shape into a pleasing pattern and use a pitted black olive to support the center. Top with a dressing of peeled, fresh pear, dash anchovy paste (optional), a piece of garlic, and a splash of oil and vinegar. Whizz in a blender and season with salt and pepper.

Left: Patsy Graham shops for perfect fruits and vegetables in the local market at Porto Ercole. **Right top:** Chicken and cucumber salad garnished with tiny cubes of stem ginger. **Right bottom:** Pepper pinwheel—roasted peppers in three colors with a fresh pear dressing—outstanding first-course salad. **Far right, inset:** Main-dish salad on a sunny yellow plate features locally found pine nuts.

DAVID MASSEY



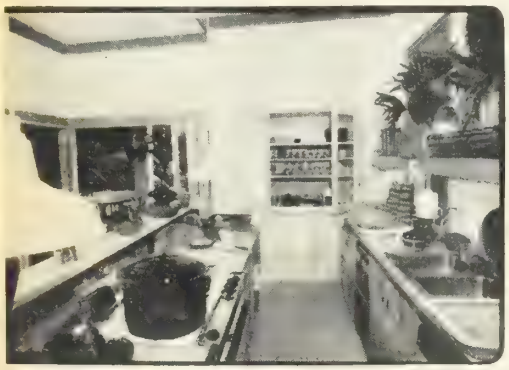
Vegetables plus

Delicious greens in simple party food from the Florida keys



Lunch served on the sunporch

"The best dishes for desultory hot days are simple ones: fresh foods that need little cooking—crisp vegetables, salads, and fruit," says designer Angelo Donghia, who entertains frequently under the sun at his renovated Victorian house in Key West. "We eat outdoors; people either perch by the pool or sit in the shade of a cluster of palms." Parties are always at ease: A typical lunch might be the shrimp boiled in beer, *right*, to be dipped with chopsticks into a tangy watercress dip or a frittata rich with leeks, zucchini, and mushrooms (good either hot and puffy or cold the next day). A roomy kitchen is a passageway to the garden and sunporch and the hub of the house. "Everything is conveniently within arm's length with equipment and provisions stashed on open shelves." Setting the table is half the fun for Mr. Donghia, "I believe in decorating tables with leaves, vines, flowers," and he puts his own sheet designs (for Utica Fine Arts by J. P. Stevens) to work as drip-dry placemats and napkins.



Everything at hand, galley style

LUNCH

*Shrimp cooked in beer**
*or Frittata**
*Watercress dip**
*Cucumber salad with dill dressing**

Fresh mango
Iced beer

DINNER

*Poached red snapper**
*Green tuna sauce**
*Layered salad**
(See Wine & Food cover)

*Key lime pie**
White wine: Mouton Cadet



Kitchen open to conversation during cooking



Baskets to hang and use

Fresh shrimp cooked in beer

INGREDIENTS

2 12-ounce cans of your favorite beer—Heineken or another light, dry beer would be good
2 tablespoons shrimp spice, wrapped in cheesecloth
2 pounds large shrimp, washed but left in their shells
Green sauce dip (recipe below)

METHOD

☐ Put beer in a large pot with the spices and bring to a boil. Drop cold shrimp in and cook for 6 minutes or until shrimp are very pink. Drain and cool.
☐ Arrange on plates or around seashells and serve with green sauce dip. Serves 4.

Watercress dip

☐ Put 1 cup homemade or bottled mayonnaise in blender with 1 bunch watercress; blend until smooth. Season with salt, pepper, juice of ½ lemon. Makes about 1½ cups sauce.

Frittata

INGREDIENTS

3 large leeks with green tops
1 large green pepper
1 medium size zucchini
½ pound mushrooms, sliced
5 tablespoons butter
3 tablespoons olive oil
Salt, pepper
12 eggs
¼ cup milk
¼ teaspoon baking powder
Fresh or dried basil
¼ cup mozzarella cheese, diced
Parsley, chopped

METHOD

☐ Coarsely chop the vegetables and add to a medium-sized, oven-going skillet with 4 tablespoons of the butter and 2 tablespoons of the oil. Sauté gently until vegetables seem well cooked and soft, but not brown. Add remaining butter and oil to the vegetables, salt and pepper to taste, and remove from heat. Reserve.
☐ Break the eggs into a bowl, add the milk, baking powder, a dash of salt and pepper, and basil to taste. Beat with a wire whisk until fluffy. Place vegetable mixture back on medium heat. When it begins to cook again, pour on egg mixture. Add mozzarella so that the cheese sinks below the surface. Cook until eggs set lightly, about 3–4 minutes. Place in a preheated 375° oven for about 15 minutes. Watch carefully. Mixture will be cooked, brown, and fluffy. Garnish with parsley and serve. Serves 4–6.

Right: Refreshing lunch of shrimp hooked onto a deep-seashell that holds a watercress dip is set on a low table on the curtained sunporch.
Inset right: Lunch served on a low table by the pool.
Far right, from top: Puffy frittata of leeks, zucchini, and mushrooms. Easy-to-eat fresh mango is sliced in half, pit removed, and scored in a checkerboard. Angelo Donghia in his kitchen cooking shrimp. Key West's famous pie—key lime—surrounded with Florida's other luscious limes, which make a good substitute for the local variety. For additional recipes, see page 118.

EMERICK BRONSON











Viva la vegetable!

Any way you slice it

or grate, peel, or shred it, vegetable cooking's more fun with a tempting array of good kitchen equipment



WILLIAM P. STEELE



Shopping information, page 122



Port takes its name from the city of Oporto.

By B.J. Cutler

A dazzling finish to a good meal

Velvety wines for dessert

The current emphasis on dry wines and the neglect of dessert wines is unfortunate, for it can deprive people of getting to know some of the most pleasurable wines on earth. A dessert wine—most often a Sauternes, Rhine, sweet sherry, champagne, port, or madeira—can be expensive, but need not be. With a bit of looking around, a perfectly adequate one can be found for $3. Whenever my wife makes a special effort with her menu, I pour a wine with dessert and it almost never fails to please even guests who insist they like only dry wines. A well-selected dessert wine is an easy way of making a meal special, of turning a dinner into a banquet, and that is why people who are unfamiliar with the practice should try it.

One of the best dessert wines, really one of the world's greatest sweet white wines, is **Sauternes** (note the final "s"). True Sauternes comes only from the village of that name and four surrounding communes in southwestern France, about 30 miles south of Bordeaux. Wine experts use words like powerful, velvety, golden, perfumed, unctuous, and elegant to describe Sauternes, and all of them are justified.

Sauternes gets its special character from a mold, *botrytis cinerea,* which coats the grapes, producing what the French call *pourriture noble,* which sounds nicer than its English translation: noble rot. The mold's attack causes the grapes to shrivel and lose their water, thus increasing the concentration of sugar in their juice. Unlike other wine areas where the harvest is done all at once, in the Sauternes region overripe grapes are snipped from their bunches one at a time. The pickers must return many times before the harvest is complete, which runs up the cost of producing the wine.

Unquestionably the greatest Sauternes is Château d'Yquem, which has been famous for centuries. In fact Thomas Jefferson fell under its spell when he was Minister to France and later had it sent to Monticello. Unfortunately, a bottle of d'Yquem is as expensive as it is good, prices of $30* to $100 being common. So it is less a wine to go with dessert than one to be savored by itself the night you win the lottery. Luckily, however, most of the Sauternes vineyards maintain a high standard and there are bottles for every purse.

Two châteaux, Climens and Coutet, are not far behind d'Yquem in quality and can be found for $8 to $10. After them come a number of bargains. Châteaux Suduiraut, Doisy-Daëne, Rayne-Vigneau, Guiraud, Sigalas-Rabaud, and Lafaurie-Peyaguey sell in the $5.50 to $7.50 range and are worth every penny of it. Because Sauternes is currently unfashionable in France and in this country, it sells for less than a red Bordeaux of equal quality. That is nice for those who appreciate it.

Sauternes is about as high in alcohol, 14 percent to 16 percent, as an unfortified wine can be. So you don't have to pour much of it. Two ounces of well-chilled Sauternes is a proper serving, but it should not be offered in mean little glasses. A full-size wineglass helps bring out its splendid bouquet. It goes very well with pastry, petit fours, macaroons, and dessert soufflés, or it can be served by itself at the end of the meal instead of dessert. Like most sweet wines, Sauternes goes poorly with acid fruits, such as apples, berries, cherries, pineapples, plums, and tarts made from these fruits.



B.J. Cutler is a writer whose terest in wines originates from years in Europe as editor of European Herald Tribune.

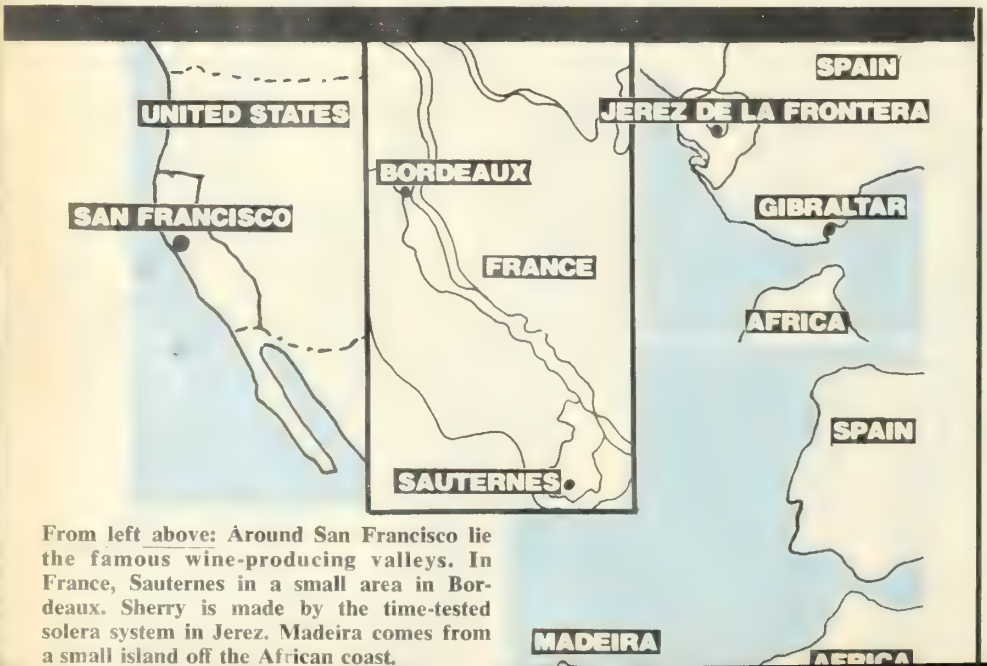
Competing strongly with Sauternes as the world's best sweet wines are the German **Rieslings** made from late-picked grapes that also have benefited from the noble rot. Many Americans are put off by Germany's bewildering array of wine areas, townships, and vineyards. However, to select a dessert wine only four words need be understood: Spätlese, Auslese, Beerenauslese, and Trockenbeerenauslese.

Spätlese on a label means that the grapes were picked later than the run-of-the-vineyard grapes. The wine will be a bit sweeter and fuller than that made from the earlier pickings. Spätlese bottlings cover a vast price range, from $2.99 on up, depending on quality. In general, however, they are more of a dinner than a dessert wine. Auslese is another matter, a true dessert wine. The word means "selection," and only the ripest bunches of grapes were picked. Auslese wines can cost whatever the buyer is willing to pay: a modest price for a lesser vineyard, more for a well-known one.

The next step up is Beerenauslese, "berry selection," which means that individual grapes were cut from bunches, as is done in Sauternes. Beerenauslese is only made in good years; it is quite sweet with an excellent bouquet and flavor. Expect to pay $20 to $40. At the absolute summit is Trockenbeerenauslese, made from individually picked grapes that are left on the vines until they are dry and shriveled. The wine, made in tiny quantities in great years, is extraordinarily fine and will set you back from

Continued on page 114

*ALL PRICES APPROXIMATE



From left above: Around San Francisco lie the famous wine-producing valleys. In France, Sauternes in a small area in Bordeaux. Sherry is made by the time-tested solera system in Jerez. Madeira comes from a small island off the African coast.


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We wanted to make the finest, most admired cheddar in our power, and we gave it our all. The result fulfills our fondest hopes.
Long before Cracker Barrel takes its place on your cheese board, we've been nurturing it—from the finest ingredients, to the most patient aging and curing. When the day comes that we can say, "this is our best", only then is it named Cracker Barrel. And we stand behind it from then on. We have our pride, we want you to enjoy it. It's another reason America spells cheese K R A F T
KRAFT

continued from page 110

$50 to $100. True lovers of such wines say they are too great to drink with food. They serve them—reverently—after dinner.

You can argue lengthily but fruitlessly about the relative quality of Trockenbeerenauslese and top-level Sauternes. What can be agreed on is that the German wines are lower in alcohol. After that it's a matter of preference. The question isn't whether *Tristan and Isolde* or *Carmen* is the better opera; it's which one do you prefer.

In recent years California growers have started to produce late-harvested Rieslings in the German manner. Wente Brothers Riesling Spätlese, at $8, is considered a very successful version. A modestly priced wine from Christian Brothers, Château LaSalle ($2.50) also is an interesting domestic sweet wine and a good buy.

Clearly one of the best buys and the easiest to serve among dessert wines is sweet **sherry.** It needs neither chilling nor decanting; it is widely available, and good bottles can be bought for as little as $3.50. There are good domestic sherries such as Almadén's Golden Cream Sherry, which is made in the traditional solera system and, at $2.30, is excellent value. Among other California winemakers, Paul Masson, Louis M. Martini, and Beringer produce cream sherries that should be tried, for around $3 a bottle.

Sherries from the area around Jerez de la Frontera in southwestern Spain set the standard for sherry worldwide. In Jerez, grape brandy is added to the wine to bring the alcohol level to up to 17 to 20 percent. Then the wine is carefully aged and blended with older wines to smooth, sweeten, and color the sherry. The *Consejo Regulador*, which controls the Jerez area, has done a good job of keeping quality up, making Spanish sherry a reliable purchase. Sherry ranges from bone-dry fino (a most civilized apéritif when chilled) to amber-colored oloroso and cream sherries, which are best for dessert use. The big names in the sherry business, such as Harvey's, Duff Gordon, and Sandeman, make excellent wines. J. M. Rivero and Wisdom & Warter are two less well-known houses worth looking for. While oloroso or cream sherry is fine with dessert, either can be served after coffee instead of brandy, and your guests will be less likely to have a head the next day.

Champagne is controversial as a dessert wine. Most experts hold that it is best as an apéritif. However, nothing is quite as festive as champagne, and what would the diplomatic dinner be without champagne and a distinguished toast? You may not want to serve brut champagne (the driest) with dessert, but there is a good argument for extra-dry, which is sweeter. Extra-dry also has the advantage of being about a dollar less per bottle. Another advantage is that this is a good time to buy champagne. The relative weakness of the franc and efforts by French champagne makers to expand their markets here cause imported champagne to be available for less than the top California brands. Champagne also is simple to select. The great houses in Épernay and Rheims have been in business a long time and consistently produce a good product. A rule of thumb is: If you've heard of the champagne house and the price is right, buy the wine. Also, some lesser-known producers sell good champagne for less than the big houses. Pommery & Greno, Lanson, Deutz, and Laurent Perrier are excellent buys when found on sale at around $8. American champagne making has made strides recently and since domestic champagne tends to be sweet, it is ideal for dessert use. A good inexpensive California champagne is Almadén's Le Domaine, which I saw for $3.29 recently. Hanns Kornell makes one of the best domestic Champagnes in the higher-priced class. Among other conscientious California champagne makers are Beaulieu, Christian Brothers, Korbel, Paul Masson, Mirassou, and Schramsberg, the latter producing one of this country's best regarded champagnes, at about $9 the bottle.

Most of the Sauternes vineyards maintain a high standard and there are bottles for every purse

Two tips on serving champagne: The less expensive the wine, the colder it ought to be, since overchilling helps disguise the flavor of a poor sparkling wine. Champagne should not be served in the flat, saucer-shaped glasses called coupes. It loses its bubbles too fast in such glasses, which are better reserved for ices or berries. Champagne looks better and keeps its bubbles longer in a regular tulip-shaped wineglass or the tall, narrow glass known as a flute.

Unlike champagne, there is no debate about whether **port** is a dessert wine. The only discussion is if a fine port should be served with the dessert or by itself after coffee. Port properly is a strong, sweet wine coming from vineyards around Oporto in northern Portugal. During fermentation, the wine is put in casks containing brandy. This halts the fermentation before all the natural sugar has been turned into alcohol and helps give port its distinctive taste. The very best port is clearly labeled Vintage Port and is an unblended wine of a very good year. It is expensive and needs 10 to 15 years in bottle to mature. It also throws a very heavy sediment, called crust, and must be decanted carefully. This makes Vintage Port more a wine for connoisseurs than for casual service at meals.

Most port shipped here is ruby port, a young, sweet, fruity, and quite pleasant wine. It is a good choice for dessert. A shade better is tawny port, an older wine that has spent some years in barrel and has turned a golden brown color. Tawny port is widely available around $5 and ruby port for less. The Port Wine Institute permits only the higher quality third of the area's production to be called port, so a customer can expect fair value for his money in any category of port.

It is a shame that Americans don't drink more **madeira**, since it is a fine wine and was the favorite wine of our Colonial forebears. It is an aged and blended fortified wine made on the beautiful island of Madeira, a Portuguese possession in the Atlantic, 360 miles off the coast of Morocco. American sailing vessels used to put in at Madeira for food and fresh water and invariably took on a few casks of madeira for the wealthier dinner tables of Colonial Boston, Philadelphia, and Charleston. Madeira makers now mature it in barrels in heated rooms to simulate the effect of a voyage in clipper ships centuries ago. France buys more madeira today than any other country and mostly uses it in cooking. The wine ranges from dry, rainwater, to the sweet and darkly golden malmsey. Dry madeira is sometimes labeled Sercial, for the grape used, and is not ideal with dessert. Wines labeled Bual are sweet and golden, start at $3.70 a bottle, and should be looked for.

A wine that is neither sweet nor associated with dessert but should not be overlooked is **Gewürztraminer**, made from the spicy traminer grape in Alsace. This wine has a unique fruity spiciness that is not to everyone's taste, but those who try it often dote on it. Gewürztraminer (Hugel is a reliable shipper, whose 1975 sells for $4) is an unexpected pleasure with cream-filled cakes such as angel food and sponge cake. Good Gewürztraminer also is made in California.

Finally, a tip for those times when you don't want to buy a dessert wine but do have American chablis in the house. This idea comes from my wife Carol Cutler's first cookbook, *Haute Cuisine for Your Heart's Delight* (Clarkson N. Potter). Carol says all you need are six good quality ripe peaches (they must be ripe) and two bottles of inexpensive dry white wine. Plunge the peaches into boiling water for 30 seconds and lift out with a skimmer. As soon as you can handle the peaches, slip off the skins. Promptly put the peaches in a wide-mouthed glass pitcher and pour the chilled wine over the peaches to prevent discoloration. If one pitcher isn't large enough to hold all the peaches and wine, use two. Put in the refrigerator for at least 2 hours. The peach flavor will perfume the wine in that time. Pour the now-improved wine during the meal and serve the wine-soaked peaches for dessert. Serves 6. ■

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skillet until brown on one side. Turn and brown second side. Serve with meat. From chef Jean Morel, owner of L'Hostellerie Bressane restaurant in Hillsdale, N.Y.

BRAISED SCALLIONS

Scallions are sometimes the only vegetable in the market that look fresh and appealing. This is a very simple way to use them. Wash and trim 1 bunch scallions for each serving—cut off roots, and trim just the damaged parts of green tops so they are about all the same length. Wash in cold water. Place them in an oval enamelware dish with a little water (about ¼ cup per bunch), salt lightly, and add 1-2 teaspoons olive oil per bunch. Scallions should only be a few deep to cook evenly. Bring to a boil, cover, and cook over high heat 4-5 minutes. Give a twist or two of the peppermill, check for salt, and serve with the cooking liquid. They are equally good cold. From Karen Hess, author with her husband, John Hess of *The Taste of America* (Viking).

JULIENNED CUCUMBERS IN CREAM

For 4 people, take 3 8-inch cucumbers, peel them thinly, and cut in 2-inch lengths. Upend the sections and cut into ⅛-inch slices. Cut the slices into ⅛-inch strips—the results really look like matchsticks. Soak cucumber matchsticks in salted water in the refrigerator 12 hours. This will make them very crisp. Shortly before serving, drain and dry the cucumbers on towels. Bring ½ cup heavy cream to a boil and reduce for 5 minutes. Add cucumbers and cook only as long as it takes for the cream to come back to sauce consistency. Taste for salt, add freshly ground black pepper and lemon juice to taste (about ½ lemon). Serve in little individual casseroles, particularly with fish, but also with veal and chicken. From Frères Troigros in France.

SNOW PEAS, SCALLIONS, AND SWISS CHARD

Stir fry snow peas with sticks of scallion and Swiss chard stems. When just crisp, cover with chard greens and let them wilt. Serve immediately. From José Wilson, author with Arthur Leaman of *The Complete Food Catalogue* (Holt, Rinehart & Winston).

VEGETABLES ON THE SHELF

Stock up with cans of artichoke bottoms. Drain and fill with a variety of stuffings. Cottage or cream cheese blended with finely minced scallions, a tablespoon or two of light soy sauce and a little grated fresh ginger. Or fill with finely chopped chicken liver topped with a garnish of grated red radish. Drain tiny brine shrimp and toss with lemon-peppered homemade mayonnaise and crumbled hard-boiled eggs. From Doris Tobias, author with Mary Merris of *The Golden Lemon*, which is soon to be published by Atheneum.

TURNIPS GLACÉE

Cut turnips into small olive shapes. Put into a saucepan with 1 tablespoon butter, 1 cup good veal or chicken stock, freshly ground black pepper, and 1 tablespoon sugar. Stock should cover the turnips. Cover pan and cook 20-25 minutes over medium heat—they should be tender and the sauce reduced to a glaze. Watch carefully so they won't burn. Garnish with fresh chopped mint.

TURNIPS WITH LEMON

Choose young turnips and cut into olive shapes. Blanch until crisp-tender, drain, and sauté with butter in a skillet without browning. Serve with lemon slices and chopped parsley.

POTATO-TURNIP PURÉE IN TURNIP CUPS

Peel and boil young turnips until tender. Cut in half, scoop out center pulp to form cups. Set pulp aside. Fry cups in butter with a rosemary sprig. Purée pulp and mix with equal parts potato purée. Season with salt and an extra amount of freshly ground black pepper. Return purée to cups. Squeeze fresh lemon juice over and add a touch of grated onion. Dot with butter and heat through in oven about 10-12 minutes. From writer, Mollie E. C. Webster.

STEAMED BEETS AND TOPS

Cut greens from 2 bunches small beets. Trim, wash, and peel with a vegetable peeler. Cut into slices. Cut the stems from the leaves and wash the leaves in several changes of water. Shake dry. Put the cut beets into a saucepan. Add 2 tablespoons butter and a little salt and pepper. Top with the leaves. Add another tablespoon butter and a little salt and pepper. Cook, covered, over medium heat for 5-10 minutes, tossing occasionally. This dish is ready when the beets are tender and the pan juices have cooked down to a few tablespoonfuls. Serves 4. From Nika Hazelton's *The Unabridged Vegetable Cookbook* (Evans).

Gazpacho

A delicious, chunky soup that will last 7-10 days in the refrigerator.

INGREDIENTS

4 cups tomatoes, peeled and diced
1½ cups green pepper, chopped
¾ cup onion, chopped
1 clove garlic, minced
2 cups beef bouillon
½ cup fresh lemon juice
¼ cup olive oil
1 tablespoon paprika
Freshly ground black pepper to taste
1 tablespoon salt
½ cup cucumber, thinly sliced

METHOD

☐ In a large bowl combine the tomatoes, green peppers, onion, garlic, bouillon, lemon juice, oil, paprika, pepper, and salt. Let stand at room temperature 1 hour. Chill for at least 2 hours before serving. Serve garnished with the cucumbers. Makes about ½ gallon. From Mrs. Wilbur Zimmerman.

Main dish vegetable casserole

INGREDIENTS

1 small onion, chopped
1 medium sized potato, washed and cubed
1 carrot, scrubbed and sliced
1 stalk celery, sliced
⅓ cup yellow squash, sliced
⅓ cup acorn squash, sliced
1 cup Swiss chard
Vegetable broth (optional)
10 thin slices Gruyère
1 cup brown rice, cooked in chicken broth with scallions
1 cup bean sprouts
1 tomato, cubed
Parmesan cheese, freshly grated
2 slices orange
Sprigs parsley or watercress

METHOD

☐ Put the onion, potato, carrot, celery, squashes, and chard in a large pot of boiling water or vegetable broth. Cook until carrots are tender but still a bit crisp—all the vegetables will be cooked.

☐ Line each of 2 dinner plates with 4 slices Gruyère. Top with ½ cup each brown rice and sprouts and a ladleful of the vegetables. Top with the cubed tomato. Julienne the last 2 slices cheese and top each serving. Sprinkle with Parmesan and put in the microwave oven to heat up and finish the cooking or put in a low regular oven. Top with an orange slice and a parsley or watercress sprig. Serves 2. From La Pomme restaurant in New York.

Asparagus risotto

(as a first course)

INGREDIENTS

¾ pound asparagus
3 tablespoons butter
1 small onion, finely chopped
1 cup Italian short grain rice or Uncle Ben's
2½ cups chicken broth, hot
2 tablespoons dry white wine
2 tablespoons Parmesan, grated
1 tablespoon heavy cream
Salt, pepper

METHOD

☐ Wash the asparagus, discard the woody stems, and cut stalks into pieces ¾-inch long. Set tips aside.

☐ In a heavy saucepan or casserole, melt 2 tablespoons of the butter, add the onion and asparagus pieces and cook 5 min-

es, or until the onions are transparent nd soft. Add the rice and mix well; the rains should be coated in butter. Add the ot chicken broth, bring the mixture to a oil, cover, and simmer 10 minutes.

] Add the asparagus tips and the wine nd simmer 10 more minutes. Add cheese, eavy cream, remaining butter, and salt nd pepper, stir lightly, take the risotto off ie heat and let it sit, covered, for 5 min-es. Serve with more grated Parmesan neese on the side. Serves 4. From Marina ern, who is working on a cookbook.

Mushrooms frite

NGREDIENTS

4-30 very fresh mushrooms, 2-2½ inches in diameter, with the caps still tightly closed to the stem so there is no gap between the stalk and cap
eggs beaten with 2 tablespoons milk
cups bread crumbs seasoned with 2 teaspoons salt, 3-4 twists of the peppermill, and ½ teaspoon oregano
il for deep frying
cup parsley sprigs, washed and dried

IETHOD

] Wipe mushrooms with damp cloth or aper towel. Cut off stems flush with cap.

] Dip mushrooms in beaten egg and roll n seasoned bread crumbs. Cover a cookie neet with paper toweling and place mush-ooms on it.

] Heat oil in deep fryer to 380°. Test eat by dropping in 1 mushroom and tim-ig it for 2 minutes; it should have a rich rown color. Remove with a slotted spoon nd drain on paper towels. When oil is eady, fry about 6 mushrooms at a time, r as many as your pan will allow, drain, nd keep warm in a low oven while pars-y is being fried.

] Drop parsley sprigs into fat and lift out lmost immediately. Drain. Serve mush-ooms and parsley on hot plates. Serve 3 nushrooms per person. From Maurice loore-Betty.

Macaroni with zucchini

NGREDIENTS

medium-size zucchini
½ sticks butter
alt
pound package rigatoni (preferably imported)
½ pint heavy cream
slices prosciutto, thinly sliced, then julienned
-8 mill turns fresh black pepper
cup Parmesan cheese, grated

IETHOD

] Wash zucchini thoroughly under run-ing cold water. Chop off ends, then cut ach zucchini lengthwise into 4 strips. Dice strips. Sauté in ½ stick butter in large killet, adding some salt to taste. Cook bout 15 minutes.

☐ Bring a large pot of salted water to the boil, drop in rigatoni, and cook 12 minutes or until *al dente;* drain. Melt remaining butter in a large skillet, add drained rigatoni, and mix well with butter. Add cream and mix well. Add zucchini and mix well. Add prosciutto and mix well. Add pepper and ¾ cup of cheese and mix thoroughly until rigatoni are completely coated and cream has thickened considerably.

☐ Turn out mixture into large, warm serving dish while rigatoni are piping hot. Serve immediately, using remaining cheese as a garnish. Serves 6. From Alfredo Viazzi.

Purée of winter squash

INGREDIENTS

2 medium acorn squash
2-3 sweet potatoes
6 tablespoons butter
¾ cup brown sugar
Grated zest of 2 oranges
1 teaspoon cinnamon
¼ teaspoon ground ginger
1 teaspoon ground nutmeg
½ teaspoon ground allspice
Salt, pepper
½ cup heavy cream or crème fraîche

Continued on next page

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Don'ts

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Best Foods, a Divi...

Viva la vegetable!
continued from preceding page

METHOD

☐ Bake squash 1 hour, or until a skewer passes into it easily, in a preheated 375° oven.

☐ While squash is baking, peel and quarter potatoes. Boil in lightly salted water until soft. When squash are done, cut in half, scoop out, and discard seeds. Then scoop out pulp. Combine cooked potatoes and squash pulp in food processor. Purée until smooth.

☐ Heat 4 tablespoons butter in a small, heavy skillet, add brown sugar, zest, cinnamon, ginger, nutmeg, allspice, salt and pepper to taste. Cook mixture 2-3 minutes. Fold into squash purée. Add remaining 2 tablespoons butter, heavy cream or crème fraîche. Taste, correct seasoning.

☐ Put purée into a heavy saucepan and reheat over low heat. Can be kept warm in a double boiler for 40 minutes before serving. Serves 4-6. From Perla Meyers, author of *The Seasonal Kitchen* (Vintage).

Turnip cake

Serve as an accompaniment to meat

INGREDIENTS

2 pounds large white turnips
1 tablespoon sugar
1 teaspoon freshly ground pepper
2 teaspoons ground cinnamon
½ teaspoon ground mace
½ teaspoon ground cloves
1¼ pounds Bel Paese cheese, thinly sliced

METHOD

☐ Boil the unpeeled turnips in water to cover for 15-30 minutes (depending on their size) or until just tender. Drain, let cool, and peel off the skins; cut them into ¼-inch slices. Mix the sugar with the pepper, cinnamon, mace, and cloves. Thickly butter a 9-inch shallow baking dish and arrange a layer of cheese in the bottom. Add a layer of turnip slices overlapping on top and sprinkle them with the sugar mixture. Continue adding layers of cheese, turnip, and sugar until all the ingredients are used, ending with a layer of cheese.

☐ Bake the dish in a preheated 375° oven 30-35 minutes or until the top is browned. Turn out the mold on a platter, like a cake, and cut it in wedges or squares for serving. Serves 8. From Martino, in Anne Willan's *Great Cooks and Their Recipes* (McGraw-Hill).

Stewed red cabbage

INGREDIENTS

1 head red cabbage (about 2 pounds)
4 tablespoons bacon, chicken, or goose fat
3 whole cloves
2 cups red wine
Salt and pepper
¼ cup red currant jelly
2 tablespoons butter
½ pound chestnuts, boiled and shelled
Fresh chervil or parsley, chopped

METHOD

☐ Pick a solid, crisp head of cabbage, one that is firm to the touch. Cut in fourths, then into ¼-inch slices. Cut each slice in half. Place pieces in a deep bowl and cover with boiling water. Mix and drain immediately in a colander.

☐ Heat a heavy pot and add fat, cabbage, cloves, and wine. Cover tightly and let it slowly simmer 1½ hours or more.

☐ Fifteen minutes before the cooking is finished, add salt and pepper to taste and the currant jelly.

☐ At the last minute, heat a skillet, add the butter and when foamy add chestnuts and stir them for a minute or so. Spoon and mix into cabbage in a serving dish. Garnish with fresh chervil or parsley and serve with roast pork or roast duck. Serves 4-5. From Edna Lewis, author of *A Taste of Country Cooking* (Knopf). ■

Family living open house
continued from page 87

LUNCH

Crudités
*Chilaquiles**
Beans
Fruit plate

Chilaquiles

(Casserole of tortillas with chili sauce and chicken breasts)

INGREDIENTS

18 corn tortillas, room temperature
1 cup lard or peanut oil
1 medium sized white onion, quartered
4 sprigs cilantro
1 10-ounce can Mexican tomatillos, drained with liquid reserved
3 jalapeños chilies
Salt, pepper
1 cup heavy cream
4 chicken breasts, cooked and shredded (preferably poached in a court bouillon made with 2 stalks celery, 3 sprigs cilantro, 1 onion, 1 bay leaf, 1 jalapeño chili, ½ teaspoon thyme, 5 peppercorns, 1 carrot, 1 tablespoon salt)
⅔ cup Parmesan cheese, freshly grated

METHOD

☐ Slice tortillas in ½-inch strips and fry in a heavy skillet in some of the lard or oil until firm but not brown. Drain on paper towels. Repeat until all tortilla slices are cooked, adding more lard as necessary.

☐ Put the onion, cilantro, tomatillos, and chilies in the bowl of a food processor and process 30 seconds. Heat 2 tablespoons lard in another skillet and add the chili mixture. Sauté 5 minutes, add reserved tomato liquid and reduce slightly. Test for salt and pepper, then season to taste.

☐ Oil a 12-inch-round or 8-by-12-inch deep casserole. Put a layer of the chili sauce in the bottom, top with a layer of tortillas, cream, chicken. Then repeat and finish with tortillas topped with cream and the Parmesan cheese. Press down with a spatula.

☐ Bake in a preheated 350° oven 20-30 minutes. Allow to rest 5 minutes before serving. Serves 6. ■

Vegetables plus
continued from page 106

Cucumber salad with dill dressing

Score the outside of a cucumber and slice thinly. Arrange in overlapping rows and top with a sauce of sour cream mixed with finely chopped dill, salt and pepper to taste.

Poached red snapper

INGREDIENTS

4 quarts water
4 tablespoons salt
2 cups dry white wine
4 peppercorns
2 carrots, thinly sliced
2 stalks celery
1 medium onion, sliced
1 whole red snapper, about 12 pounds, cleaned
Fresh dill sprigs

METHOD

☐ Put the water, salt, wine, peppercorns, carrots, celery, and onion in a fish poacher with a rack large enough to hold the whole fish. Bring it to a boil and let it simmer ½ hour.

☐ Place the fish on the rack and lower it into the broth. Continue to simmer another 35 minutes or so until the fish flakes when pierced with a fork and it is cooked. Do not boil. Remove from heat and cool the snapper in the broth.

☐ Transfer the fish to a large serving platter and garnish with dill sprigs. Serve with tuna sauce. Serves 12-14.

Tuna sauce for fish

Blend a cup of homemade or prepared mayonnaise with ½ can light tuna, ½ bunch watercress, ¼ clove mashed garlic, juice of 1 lemon, juice of 1 small onion, dash salt and pepper.

Key lime pie

INGREDIENTS FOR CRUST

½ cup brown sugar
¼ cup white sugar
1 cup white flour
1 cup graham flour
½ teaspoon salt
1 cup shortening
½ cup corn syrup

INGREDIENTS FOR FILLING

5 egg yolks
2 cups sweetened condensed milk
¼-½ cup lime juice, to taste
Grated zest of ¼ lime (optional)
5 egg whites
Dash salt
1½ cups sugar

METHOD FOR CRUST

☐ Blend sugars, flours, salt, and shortening together in a bowl until well blended and mixture has the consistency of coarse meal. Blend in corn syrup and mold into a 9-inch pie pan.

☐ Bake in a preheated 375° oven 15-20 minutes or until crust becomes firm.

METHOD FOR FILLING

☐ Whip egg yolks in large bowl until they turn pale yellow and are very fluffy. Beat in condensed milk. Slowly add lime juice to taste and grated zest. Pour filling into pie shell and bake in a preheated 375° oven 8-10 minutes. Cool for 2 hours.

☐ Beat egg whites in another bowl adding just a dash of salt when they get a bit foamy. Add sugar and gradually beat slowly until meringue is stiff. Spread on pie and form peaks with fingers. Bake in a very hot preheated oven until meringue is golden all over. Watch closely. From The Pier House Hotel, Key West, Fla.

Note: You could also use ready-made pie shells in place of the graham crust. ■

CORRECTION

The ingredients for the chocolate filling for the Bûche de Nöel on page 142, December House & Garden, should have been 10½ ounces semi-sweet chocolate bits, not 1½ ounces.

Who's moving to the sun
continued from page 100

live the resort life is through the condominium system. You can buy a condominium and live there year-round which presupposes you work in the area or are retired. You can buy it as a second home, using it during the summer months and/or weekends, and renting it out or not as you see fit when it's empty. You can rent it on a time-sharing basis for a holiday each year. Or, if you are nearing retirement, you can buy it as an investment, with the intention of retiring in it permanently one day.

No wonder there has been what the media labeled a "condo craze." Condominiums are very flexible, suiting all types of ownership. They can be financially rewarding, and they provide every sort of recreational facility you could ask for. In fact, condominium building expanded so fast in the late 60s that there was a glut until fairly recently. Condominiums began getting a bad press. But the effects of this overconfidence have been ultimately beneficial. Condominium management today is more professional, the buildings are better planned, with more attention to the environment and respect for consumer protection.

Some years ago, one heard a lot about condominiums designed exclusively for retired people. This means restrictions on children, pets, and so forth. Today, the accent is more on mixed communities, involving retired people, families, vacationers, and locally employed people. Frank Brumley, general manager of the Kiawah Island Company in South Carolina, along with other resort experts, believes that these combination communities are the trend of the future. At Deltona's Marco Island, Florida, for instance, approximately 10 percent live there all year-round, about 80 percent live there part time and rent their units to others when they are away, and the remaining 10 percent are part-time residents but do not rent their units. Like many other developments, Marco Island also has single-family housing and sells land for private building (subject to the developer's architectural review board), so the community is very varied. (You can learn the "mix" of a community you are interested in joining from the rules of the Condominium Association, which set out all the restrictions that would effect ownership, such as number of people to a unit, age, and so forth.)

The usual buying procedure is that a developer builds the condominium in the form of apartments, cottages, and villas, or all three, and you choose according to your needs. The majority are sold unfurnished, except, perhaps, for carpeting and appliances. Having chosen your condominium, you can generally either furnish it yourself or get help from local decorators—often a sensible idea, since they know the area and availability of materials. "It can be most inconvenient buying furniture or equipment off the islands," says design expert Tom Riley of Palmas Del Mar in Puerto Rico. "Deliveries are much simpler and time-saving right here, and you can get the authentic island look."

Some condominiums offer a fairly specific color-coordinated base for you to start with. For instance, on Fripp Island, South Carolina, the units are all color-coordinated by designer Jim Torcum, of Plantation Interiors, Hilton Head. "That includes kitchen counters, bathroom fixtures, and carpets," he explains. "I work with the architect, using 3 basic colors: a natural mushroom color, like sand; a green tone, like the palmetto trees; and a blue, like the ocean. So much glass is used here, that one wants to blend as much as possible with nature."

The local designers will talk to prospective buyers about the area, the colors, the way the light falls, and so forth. As Jim Torcum says, "People who have always lived in the city are not acquainted with island design or open-space living. We try to help them." California-based designer Michael Taylor points out some of the things to look out for when you are moving to the sunlands: "Think in terms of practicability for our open way of life. Choose fabrics that are less heavy, such as cottons, ducks; slipcover everything; and pick colors that will enhance through fading, that will work well under exposure to extreme light."

Buyers will usually visit the area for a week or so sometime before they move and choose from the designer's suggestions, often on show in a local warehouse. "In one day I can furnish a villa," says Mr. Torcum. You are also offered "home shoppers" in some areas—order-by-mail brochures providing packages for kitchens, bedrooms, and bathrooms, right down to salt shakers and tub mats, so you can furnish your resort dwelling without having to make the trip.

If the condominium is being furnished purely for rental, then of course, different principles would apply. "We choose Scotchgarded fabrics, Parsons tables, simple furniture and fabrics that cannot easily get abused or destroyed," Mr. Torcum says. In Palmas Del Mar, which is designed almost exclusively for the rental market, Tom Riley tends to choose "a lot of neutral colors and bamboo. No heavy, overstuffed furniture. It's really patio living—the indoor-outdoor life."

The indoor-outdoor life seems to be the common denominator of most resort communities. More and more are being designed specifically around recreation. Sitting on your terrace and watching a championship tennis game; or coming home from work and stepping outside to a magnificent golf course; or simply walking to the end of your dock and taking a twilight sail—just imagine how your life rhythms would change! "Everything is slower-paced here," says Frederick Krantz, ex-city dweller, now captain at the Breakers Hotel, Palm Beach. "People come here to escape the rat race, not to join it. Dressing is informal. In the summer, we insist only on jackets for men in the restaurant, no ties. Home entertaining is casual; lots of brunches, with salads and maybe a broiled snapper, with white wine. You will also find lots of inexpensive cafeterias around for retired people living on fixed incomes. And it's very easy to find domestic help." For the big city dweller, it must sound like paradise.

Continued on next page

continued from preceding page

WHERE NEXT FOR THE SUN LIFE?

The Sunbelt land, not surprisingly, is changing under this astonishing invasion of new inhabitants. As industry moves in, so offices must be built and housing for employees, and facilities for resort lovers. In the past 10 years, for instance, some 1,150 golf courses have been built in the South alone. But more significantly, the devouring of land for development throughout the Sunbelt has been so rapid and all-encompassing that already environmentalists are attempting to call a halt.

In a far-reaching report called "Promised Lands," published by Inform, a New York public interest nonprofit research group, many developers of land to be used for new communities are called to account both in consumer and in environmental areas. The importance of this problem hardly needs stressing: Already many Sunbelt dwellers are becoming aware of the threat to the once-unpolluted land they so eagerly sought.

There is air pollution in Phoenix and Houston. There is a drought in California. There is not enough water in Arizona to feed the proposed new developments there; yet the Central Arizona Project, a scheme to take water from the Colorado River 200 miles east to a dam near Phoenix, will take more money, more energy, and ruin more land than can apparently be justified in terms of irrigation. "What happened in Southern California in the 40s and 50s is happening elsewhere in the South and Southwest," says Inform's legal expert and project director, Patricia Simko. "I'm afraid we've messed it up pretty badly," admits Ken Jenne, county commissioner in the Fort Lauderdale area. Unrestricted growth in the Sunbelt is finally coming under attack as planners and environmentalists warn against "Northern mistakes in a Southern setting."

The Sunbelt states are slowly beginning to initiate minimum standards and review boards, particularly in California and Florida, to counteract this potentially dangerous growth. The Federal Government is also attempting to stop the uncontrolled use of American land. For instance, the Federal Flood Control Act restricts building on land that may cause flash flooding by means of "flood plains" (where there is no water run-off). There are also moves afoot to help the consumer. In a precedent-setting decision last year, the Florida Supreme Court ruled that a Condominium Association acting in a class action on behalf of its members, may challenge recreation and maintenance leases made by developers which turn out to be contrary to the "best interests" of the unit owners. A California Supreme Court decision has supported this form of class action. So consumers and the land are beginning to receive the protection up until now denied them.

There is no doubt, however, that people will continue to migrate to the sun until the land is all used up or fully protected. What happens then?

An intriguing alternative suggests itself. Perhaps the advantages of the sun life can be exported. Already signs of the Sunbelt's influence can be seen in urban areas and other parts of the country. Resort communities are rising up everywhere from Maine to the Pacific, in ski areas such as the Sugarbush Valley, Vermont, Waterville Valley, New Hampshire, and Aspen, Colorado; vacation places such as Brainerd, Minnesota, Lake Huron, Michigan, Ocean Shores, Washington, Hartstene Island, Puget Sound, and Indian Fort Ranch, Oregon, and even suburban developments such as Muirhead Village, Columbus, Ohio, and Rolling Hills, Staten Island, New York.

The indoor life is also showing signs of Sunbelt influence—the dramatic rise of interest in house plants, for instance, and indoor gardens; the trend to natural fibers, wood, fresher colors, the "stripped down" look. "People who are faced with old, dark apartments, lofts, commercial buildings, and crowded urban outlooks are remaking these spaces in a new way," says New York architect Michael Rubin. "Stripping down windows, taking out overstuffed furniture, streamlining shapes, removing walls."

Designer Michael Taylor, who works on both coasts, agrees that this is a genuine trend. "People in other parts of America want to feel more that they are on vacation—they want to bring home the feeling of the sun. So they are choosing simple looks, with cotton and duck. There is a less decorated feel to rooms in these parts of the country today; shutters, panels, and blinds instead of curtains; scrubbed, bleached floors instead of wall-to-wall carpeting; lots of slipcovers and plants."

If the Sunbelt finds itself one of these days so overwhelmed by seekers of the resort life that it can no longer contain them, then rest assured that you *can* bring the look, feel, and pace of that environment back home, so that everyone in America has the chance to share in the riches that the glorious sun life has to offer.

WHAT'S SO GREAT ABOUT THE SUNBELT?

1. HEALTH

Of the top 10 cities ranked in terms of good air quality, 6 are in the Sunbelt: San Antonio, Tex. (1); Corpus Christi, Tex. (2); Sacramento, Calif. (3); New Orleans, La. (4); Dallas, Tex. (5); Miami, Fla. (6); Houston, Tex. (8); (Rankings evaluated by the Council on Municipal Performance, New York.)

2. BUSINESS

Of the top 10 states ranked in terms of favorable business climate, 7 are in the Sunbelt: Texas (1); Alabama (2); Virginia (3); S. Carolina (4); N. Carolina (5); Florida (6); Arkansas (7); (Rankings evaluated by Fantus, the industrial-location consultant, Chicago.)

3. RECREATION

Of the top 8 regions ranked in terms of the number of people who took a vacation there, the Sunbelt states come first and fifth: South Region (1)—including Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee; Frontier West Region (5)—including Arizona, New Mexico, Oklahoma, Texas. (Rankings evaluated by the U.S. Travel Data Center, Washington.)

GUIDELINES FOR PROSPECTIVE BUYERS

As long as land encroachment in the Sunbelt continues, ecology-conscious residents or potential residents must be on their toes. According to Patricia Simko, in the older states, such as Maine and Vermont, which are steeped in constitutional tradition, you can be effective at the local level; but in the newer states, effective pressure only really works at the state level. So if you are concerned, it is best to write to your water comissioners and representatives at the state level if you can—and letters *do* make a difference.

Inform suggests the following guidelines for buyers of second homes, condominiums, or retirement lots in proposed new communities:

1. Check the development before you buy; is it built on a critical area such as a slope, a flood plain, or a wildlife area?
2. Is the land being torn down all around it so that the vegetation will vanish?
3. Is there central sewage, rather than individual septic tanks that you must be responsible for?
4. Has the developer taken care about erosion of land once the development is built?
5. Are there at least 100 feet between your lot and a waterway?

A fuller list of guidelines is contained in Inform's 3-volume document on land development, *Promised Lands*. Each volume costs $20 and is available from Inform, 25 Broad Street, New York, N.Y. 10004. ■

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GARDENING BY LIGHTS
Page 32
"Bright Stik Gro and Sho" fluorescent plant light and fixture in one: 25" long, 6' cord with attached switch. $19.95. By General Electric.
Adjustable standing chrome lamp: 4'-8' high. Aluminum or steel heads with choice of shape. Shown, Royal Cylinder. For use with the Wonderlite (see page 65). $99.95 plus postage and handling from Swivelier, 33 Rt. 304, Nanuet, N.Y. 10954.

WHAT'S NEW
Pages 58-59
"Windrush" cotton and polyester sheets: Queen flat and fitted, about $17 each. Pillowcases, about $8 a pair. Blue, pink, or almond. By Oscar de la Renta for Cannon Mills. Available Feb. or March.
"Premier Posturepedic" mattress and box spring: Queen size, about $430 a set. By Sealy.
"Michelle" sofa: 84" x 42" x 29½" h. Loose down/feather seat and back cushions. $2,100 COM. By Bill Goldsmith. **Billy Baldwin upholstered lounge chair:** 26" x 29" x 29" h. $555 COM. **Billy Baldwin upholstered ottoman:** 26" x 22" x 16" h. $325 COM. All from LCS.*
Willow lounge chair: 30" x 36" x 32" h. $750 COM. From Bielecky Brothers.*
Pine table: 72" x 30". $1,695. At W & J Sloane.
Lacquered linen cocktail table: 36" x 23" x 17" h. $943. **Bass wood pumpkin:** $375. **Baskets:** $60-$90. All from Lorin Marsh.*
"Dumbbell" lamp: 20½" high. 5" diameter head. Vinyl cradle. $79. By John Mascheroni. At George Kovacs.
"Donegal Sisal" rug: 13'2" or 6'7" wide. White, nubian, café au lait, beige tweed, terra-cotta. From Rosecore Carpet.*
"Bath Apollo Series: Blue Gaze" Acrylic on canvas: 48" x 120". By Robert Natkin, 1977. $10,000 framed. At Andre Emmerich Gallery.
Goosedown comforter: Channel stitched. Cotton cambric cover. Queen size, $225. At The Continental Quilt Shoppe.
"Granny Squares" afghan: 54" x 94". Wintuk Orlon yarn. $75. From Naomi Holmes, 990 N. Western, San Pedro, Calif. 90732.
"Spring Song" crewel kit: 16" sq. Wool yarns. $13.95. At Erica Wilson Needleworks.
Trees: At King Exotic Plants.
Plants: At Renny.
Flowers: At Tony's Flower Store.
Page 59
"Poppy Field" glazed cotton chintz: 54" wide. 25" repeat. About $15.50 a yard. From the Botanical Collection from the Smithsonian Institute. From Schumacher.*
Pages 60-61
"Fantasy" cotton and Fortrel polyester sheets: By Wamsutta.
"Sacchetto" lamp: Of molded nonwoven fabric. By Signeaki Asahara for Cristal Art, Italy. From Lighting Associates.
Page 62
"Touch-N-Cook" range: 30" x 29¼" x 50" h. Follows on/off temperature instructions. Ceramatop cooking surface. Automatic oven cleaning. Digital clock. Black glass oven door. Almond, avocado, terracotta, wheat, white. $1,079. By Frigidaire.
Page 63
Amber crystal goblets: 24 oz., $8.75 ea. **"Vulcania" pottery casserole with handle:** 8" diam. x 3" deep. $9.75. **"Plough Tavern" charger plate:** 14½" diam. $22. By Wilton Armetale. **Puligny-Montrachet burgundy:** $8.50. **Irish linen dishtowels:** $4.75 ea. **Wooden dowel trivets:** $8.75 ea. All at The Brass Tree, Beverly Hills.
"Riviera" molded fiberglass chaise: 60" x 24". $190. By Sun & Leisure. At Bloomingdale's.
Page 64, Top:
English butler's tray: 20" x 12". Light pine. $30. By Grainware. At Henri Bendel; Phyllis Victor, Mamaroneck, N.Y.
"Floating Flower" cotton and linen napkin: 20" sq. $2.25 each. By Katja for the Wellman Collection. At Bloomingdale's; Neiman-Marcus, Dallas.
Zigzag wineglass: 6 oz. $6.50. By Katja for the Wellman Collection. At Neiman-Marcus, Dallas.
"Shiro" stoneware: 20-pc. service for 4, $50. 5-pc. completer set, $30. By Toscany. At Garfinckel's, Washington, D.C.
"Beachtree" flatware: Stainless steel and beachtree wood. 24-pc. service for 4. By Supreme Cutlery. $40 until Jan. 31, $60 thereafter. At macy's.
Bottom:
"Strips" sectional seating group: Each, 36⅝" sq. x 24¾" h. Polyurethane foam over plastic-footed wood base. Removable quilted coverings zip together, snap to base. Armless, $600. Corner, $770. By Cini Boeri and Laura Griziotti for Arflex. From Beylerian.*
Page 65
"Wonderlite" balanced spectrum plant light bulb: 160 watts, $42.45 ppd. insured, from Public Service Lamp, Dept. HG, 410 W. 16th St., New York, N.Y. 10011.
"Chevron Bar" warp printed silk: 48" wide. 20" repeat. From Brunschwig.*
SUN LIVING: RELAX
Pages 82-83
"Untitled" embossed silkscreen: 41" x 38". By Charles Hinman, 1976. Edition of 100. $475, framed. At Pace Editions.
For further information about Kiawah Island, write Kiawah Island Co., Box 12910, Charleston, S.C. 29412.
SUN FINDS
Pages 92-93
1. Rattan butler's tray: 25½" x 18½" x 39" h. $335. From Willow & Reed.* **2. Aluminum armchair:** 24" x 30" x 30" h. Baked enamel finish. Vinyl-coated mesh polyester sling seat. $50. By Telescope Folding Furniture. At Casual Age, Naples and Ft. Myers, Fla. **3. Rattan peacock chair:** 44" x 23" x 60" h. $120. By Moreddi. At Rhodes, Atlanta. **4. Wicker lounge chair with pull-out ottoman:** 31" x 34" x 33" h. Channel quilted cotton cushion. $642. By Design Institute America. At Maxfield*, Houston. **5. Reed and chrome armchair:** 20½" x 19" x 31" h. Pine arms. $123. By Contemporary Shells. At Fishels, Portland, Ore.; Herman Spiegel, Lawrenceville, N.J. **6. Slatted hardwood armchair:** 22" x 24" x 30" h. Gray weatherproof finish. By Camath. $65. At Conran's. **7. "Riviera" chaise:** 60" x 24". Molded fiberglass. $190. By Sun & Leisure. At Bloomingdale's. **8. Split bamboo chest:** 31" x 19" x 22" high. Chrome stand and hardware. Lift-off top. $380. By Design Institute America. At Cannell & Chaffin, Los Angeles; Vanleigh Contract Corp.*, Atlanta. **9. "Chilienne" beechwood deck chair:** 25" x 43" x 29" h. White weather-resistant finish. Canvas sling seat. $130. By Triconfort-Clairitex. At Mayhew. **10. "Relaxer II" rocking lounge chair:** 24½" x 39½" x 32½" h. Natural beech frame. Channel quilted white canvas upholstery. $395. By Verner Panton. From Turner.* **11. "Springtime" armchair:** 24¾" x 19½" x 39" h. Leaf pattern open back and arms. Cotton seat cushion. $250 COM. From Wycombe, Meyer.* **12. Stacking side chair:** 20½" sq. x 30" h. Fiberglass-reinforced nylon frame. Red, white, beige, brown. $115 ea. By Cado/Royal System. At Scandinavian Design, Evanston; Yellow Barn, Armonk, N.Y. **13. "Biarritz" armchair:** 26" x 24" x 35" h. Filigree wire frame. White enamel finish. $365. From Trouvailles.* **14. Rattan "garden" bench:** 18" round x 18" h. Natural finish. $151. By Calif-Asia. At Far East Contemporary Design Gallery, Columbus, Ohio. **15. Corner baker's rack:** 17" x 17" x 71" h. Painted finish. $120. By Carolina Forge. At Marshall Field, Chicago. **16. Folding tray table:** 27½" x 19½" x 19" h. Split rattan surface. Polished stainless steel base and trim. $225. By Thomasville. At John M. Smyth, Chicago. "From the Four Corners" collection. **17. Fanback armchair:** 29¼" x 22" x 48" h. Painted finish. $364. By Ficks Reed. At H. & S. Pogue, Cincinnati. **18. "Carmina Mini Chair":** 23⅝" sq. x 29½" h. Ash frame. Natural finish. Viscose and cotton loose cushion. Sling seat. By Carlo Santi for Arflex. $300. From Beylerian.* **19. Slatted hardwood side chair:** 18" sq. x 30" h. Weatherproof finish. By Camath. $45. At Conran's (gray finish only). **20. High-back side chair:** 24" x 21" x 60" h. Natural finish cane. Loose cotton cushion. $285. "From the Four Corners" collection. By Thomasville. At John M. Smyth, Chicago. **21. "Haiti" folding side chair:** 15¾" x 15⅜" x 33½" h. White lacquer weather-resistant finish. Slat seat and back. $105. By Triconfort-Clairitex. At Bloomingdale's. **22. Enameled steel frame screen:** 74" high x 30" wide (each panel). Beige canvas panels. Brown frame. $100. By Bunting. At Macy's. **23. Weatherproof aluminum folding table:** 35" sq. x 25" or 27" h. Baked enamel finished frame. Acrytex top. $180. By Don Colby for Brown Jordan. At Bloomingdale's. **24. Enameled aluminum chair:** 24½" x 25¼" x 39¾" h. **Ottoman:** 24½" sq. x 18" h. Vinyl straps. Chair, $125. Ottoman, $78. By Keller-Scroll. At Blums

Patio Shop, Boca Raton, Fla.; Porch & Patio's Furnitureland, Rockville Centre, N.Y. **25. Rattan cocktail table:** 42" sq. x 16½" h. Glass top. $670. By Ficks Reed. At Marshall Field, Chicago; H. & S. Pogue, Cincinnati. **26. Wicker sofa:** 78" x 30" x 29" h. Loose seat & back cotton cushions. $1,245. By Ficks Reed. At Marshall Field, Chicago; H. & S. Pogue, Cincinnati. **27. Willow lounge chair:** 28" x 38" x 33" h. **Tilted ottoman:** 23" sq. x 13" h. Chair, $869 COM. Ottoman, $284 COM. By McGuire.* **28. Wicker side chair:** 20" x 21" x 32" h. Batik seat cushion. $165. By Hammary. At Boes Interiors, Monroe, Mich.; Paine Furniture, Boston. **29. Tortoise bamboo armchair:** 26½" x 23" x 35" h. Octagonal base. Loose seat cushion. $365. By Ficks Reed. At H. & S. Pogue, Cincinnati. **30. Sectional seating:** Chair: 25" sq. x 30" h. Ottoman: 25" sq. x 19" h. Metal base. Loose pillow cushions. Easy to assemble. Chair, $97. Ottoman: $39.50. By Syd Leach. At Robinson's, St. Petersburg. **31. Slatted rattan screen:** 77" high x 21" wide (each panel). Natural finish. Brass hardware. $710. By Willow & Reed.* **32. Rolling rattan bar cart:** 34" x 20" x 34" h. Blue finish. Removable white laminated tray tops. $285. By Ficks Reed. At H. & S. Pogue, Cincinnati. **33. "Regista" folding chairs:** 25" x 20" x 33" h. Canvas seat and back. Tubular steel frame. Baked enamel finish. $39 ea. At Design Research.

INVISIBLE KITCHEN
Pages 96-99
Major kitchen equipment: By General Electric.
Living room chair fabric: "Touraine" spun rayon and linen stripe. 50" wide. From Stroheim & Romann.*

VEGETABLES PLUS
Pages 106-7
Placemats and napkins: Made from "China Garden" and "Little India" sheets by Angelo Donghia for Utica Fine Arts for J.P. Stevens.

ANY WAY YOU SLICE IT
Pages 108-9
Rowoco equipment at Macy's Calif.; Shillito's, Cincinnati.
Equipment from Williams-Sonoma, San Francisco, mail order from Williams-Sonoma, Box 3792, San Francisco, Calif. 94119.
Top row, left to right:
"Shred Matic": 4 stainless steel blades-slicer, grater, medium shredder, coarse shredder. Polypropylene stand. $13. By Rowoco. **Bean slicer:** Cast iron. Stainless steel blades. $18.15 ppd. from Williams Sonoma. **Wood Mandoline:** Two adjustable stainless steel blades. Shreds, waffle-cuts, crinkle-cuts, slices. 14½" long. $17.45 ppd. from Williams-Sonoma. **French fries cutter:** Stainless steel cutting blades. Suction feet. Plastic cutter frame. $17. By Rowoco. **Stainless steel grater:** 10" tall. Rust-proof. $7.15 ppd. from Williams-Sonoma. **Calphalon aluminum saucepan and steamer:** 6½-qt. capacity. $75.35 ppd. from Williams-Sonoma. **Drawstring cotton bags:** Onion, 18" x 12". Potatoes, 22" x 14". $11.45 a pair ppd., from Williams-Sonoma.
Center, left to right:
Steel slicer: Adjustable carbon steel blade. Metal base. With stainless steel French peeler (eighth from left, bottom row). $5.85 ppd. from Williams-Sonoma. **Small job chopper:** 5" wooden bowl. Offset cutter with rounded stainless steel blade. $15. By Rowoco. **Radish roser:** $6. By Rowoco. **Potato ricer:** 12" long. Tinned steel. $10.35 ppd. **Garlic press:** $4. By Rowoco. **Rolling mincer:** Sharp circular blades. $4.50. By Rowoco. **Three-bladed enclosed slicer:** 9½" long. Interchangeable stainless steel blades. $16.60 ppd. from Williams-Sonoma.
Bottom row, left to right:
Stainless steel specialty knives: Left-handed tomato knife: scalloped edge. $3. **Right-handed tomato knife:** Scalloped edge. $3. **Zucchini corer.** $2.25. **Decorating knife:** $3.25. **Potato eye knife:** $2.25. **Chestnut knife:** $2. All by Rowoco. **Peeler plus:** All-purpose peeler with oscillating blade and grating surface. 75¢. At Bazaar De La Cuisine. **French peeler:** Included with steel slicer (center row). **Swivel peeler:** $1.60. **Bean stringer:** Strings and slices in one easy action. Plastic body. Metal blades and funnel. $2. **Plastic onion holder:** Holds onion for thin slicing. Pointed metal prongs. $2. All by Rowoco. **High-carbon knives and sharpening steel:** Dishwasher-safe hardwood handles. **Serrated tomato knife,** $8.50. **Scalloped tomato knife,** $8.50. **Asparagus peeler:** $12.50. **Decorating knife:** $15.50. **Paring knife,** $10.50. **Utility knife,** $11.50. **Cook's knife:** $21. **Cook's knife:** $29.50. **Sharpening steel:** $15. All by Wüsthof-Trident. At Lord & Taylor. **Serrated shears:** 6" long. Nonstick coated steel blades. $10.30 ppd. from Williams-Sonoma. ■

BUILDING FACTS

Materials used in the house on pages 70-75

ARCHITECT: Peter Eisenman
SIZE OF HOUSE: 1,600 square feet
SIZE OF LOT: 5 acres
STRUCTURE
Foundation: Poured concrete.
Framing: Post and beam wood joists supplemented with steel ties where necessary for rigidity and to prevent overturning.
EXTERIOR OF HOUSE
Exterior walls: Polyurethane coating on plywood.
Exterior finish: Two coats of sand-impregnated paint.
Roofing: Plywood with polyurethane coating.
INTERIOR OF HOUSE
Interior partitions: Gypsum panels painted.
Interior furnishings: Mattresses and pillows designed by Massimo Vignelli covered in "Saturne" and "Grande Muraille" fabric by Marignan, Inc.*; pedestal table designed by Massimo and Lella Vignelli of Plexiglas from Cadillac Plastic and Chemical Co.; candles from the National Candle Association; baskets from Primitive Artisans; silver by Gorham.
MECHANICAL EQUIPMENT
Oil-fired forced hot and cold air.
Materials used in the greenhouse on page 60
GREENHOUSE BUILDERS. Joint project of Charles E. Hildreth, builder-contractor, and Hitchcock and Lindgren, greenhouse builders. Bridgehampton, N.Y.
STRUCTURE
Plexiglas windows supported by laminated redwood strips. Cedar paneling. Mexican tile floor. Cypress desk.
Materials and equipment used in the kitchen on page 62
DECORATOR/ARCHITECT: Charles Schaefer, North Shore Custom Kitchens, Manhasset, N.Y.
Hexagonal terra-cotta floor tiles and decorated wall tiles from Country Floors. White Corian countertops by DuPont. White textured steel cabinets by St. Charles Manufacturing Co. Greenhouse window by Lord & Burnham. Microwave/self-cleaning oven with black glass front, and stainless steel warming drawer by Thermador. Refrigerator/freezer by General Electric. Superba dishwasher by KitchenAid div. Hobart. Stainless steel sink and faucet by Elkay. Custom butcher block countertop. ■

Gardening by lights
continued from page 32

So a vertical light garden is not only distinctively different, but probably produces healthier plants as well.

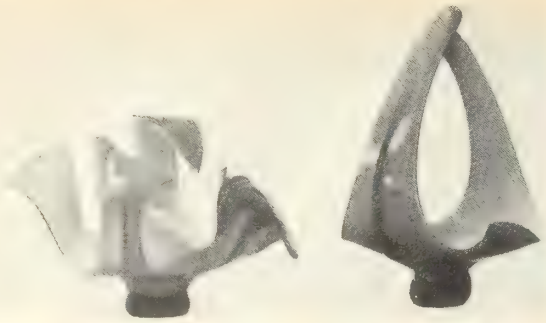
Light gardening is really no different from growing plants on the windowsill except that the plants need more regular water and fertilization for best growth and bloom. Fast growth and light make them thirsty. Also make sure the humidity around the plants is high. With light shining 12 to 14 hours a day, the plants' photosynthesis factory is working overtime. That means they'll need the extra fertilizer and humidity to stay in balance. By the way, in a light garden one tube is not enough. The minimum is two parallel fluorescent lights, better yet four. ■

To set under the light
continued from page 32

however; ivy is a cool grower.

The **PONDEROSA LEMON** is the showiest of all citrus fruits to grow indoors. Being tall, it responds successfully under a vertical light arrangement. Grow the plant as close to the lights as possible, don't forget to turn it every week or so to make up for the fact that the sun shines from only two sides—and get the pie crust and meringue ready.

MARIGOLDS are as durable indoors as they are outdoors. But remember they are annuals; no matter how painful it is, you'll have to dispose of them once they have blossomed. Start new seeds every 6 months and you'll keep the bower blooming. Grow marigolds with the flower heads no more than a foot and a half from the light bulbs, and never let the soil dry out. You'll have an indoor flower bed all year-round. ■



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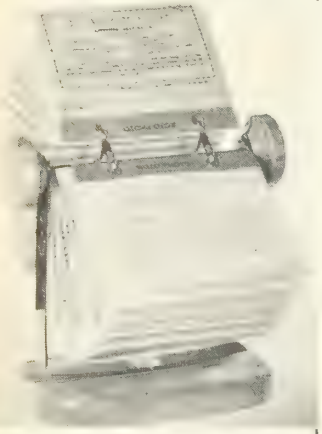
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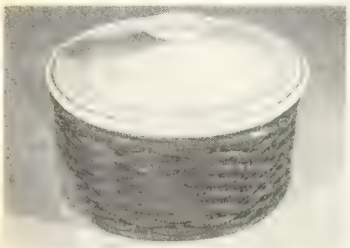
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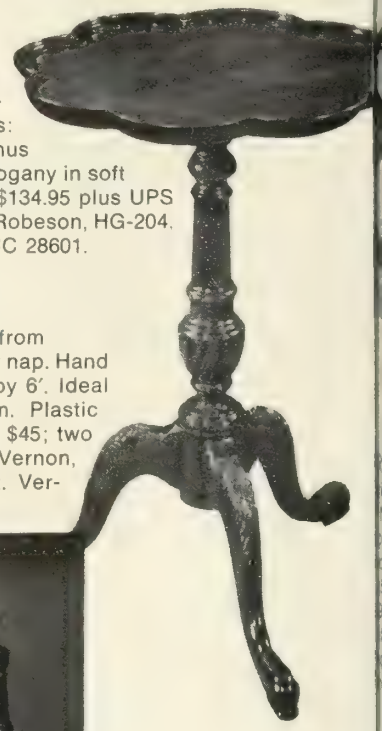
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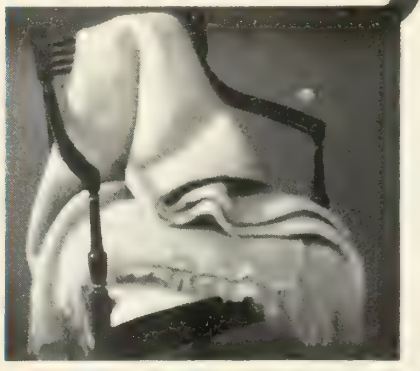
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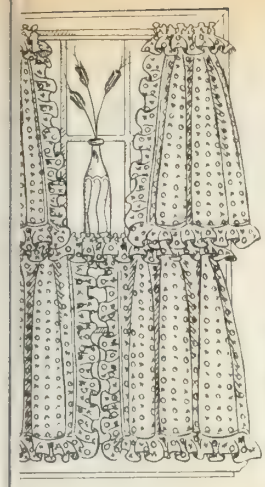
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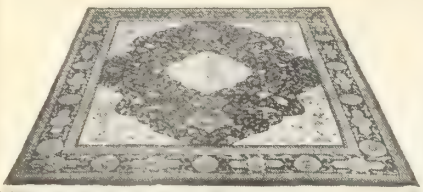


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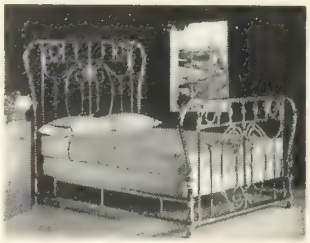


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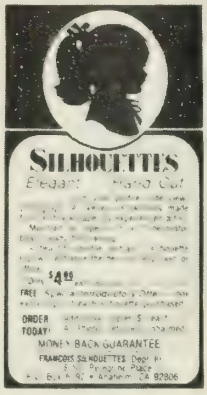
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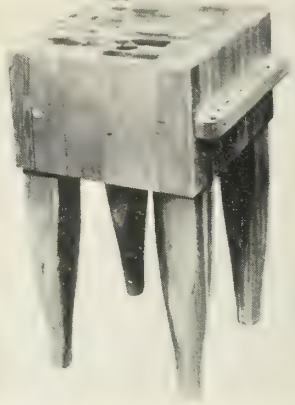
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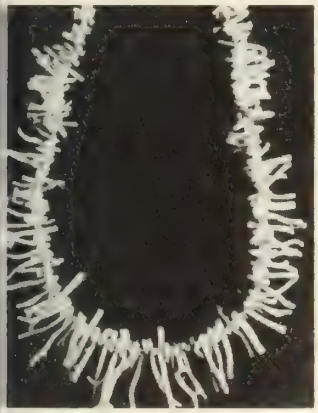
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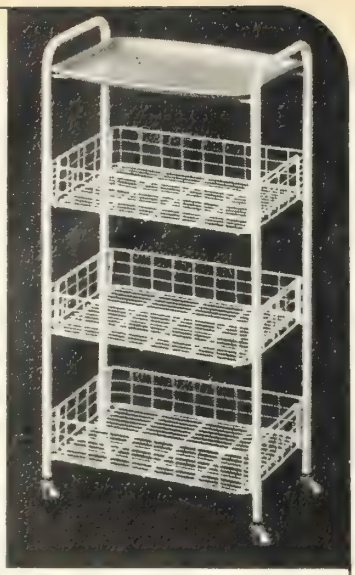
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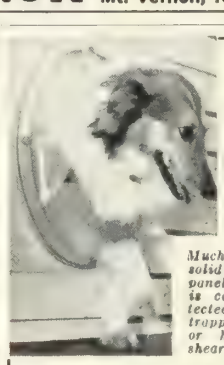
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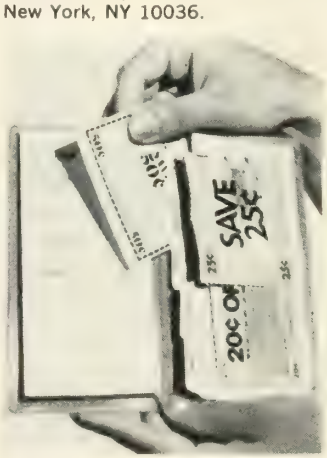
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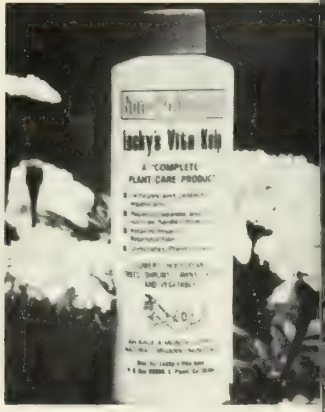
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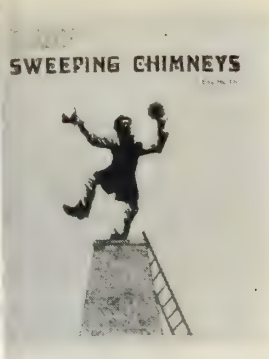
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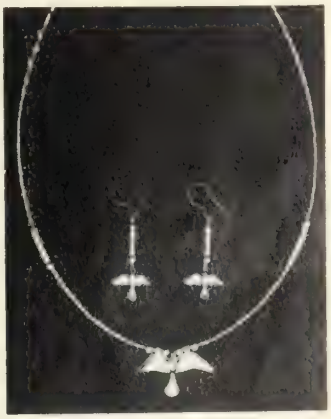
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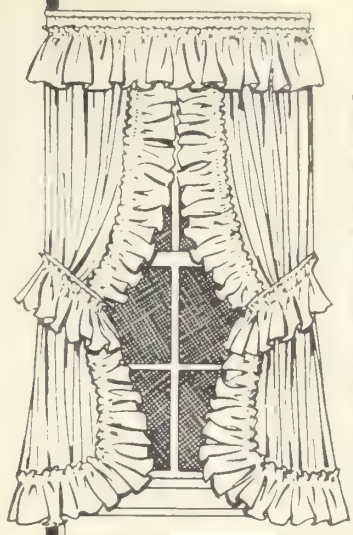
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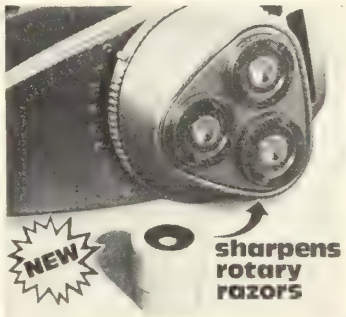
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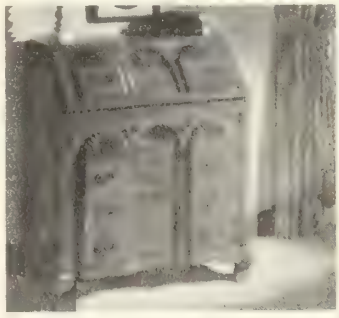
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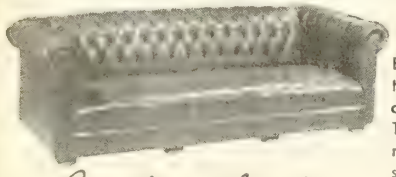
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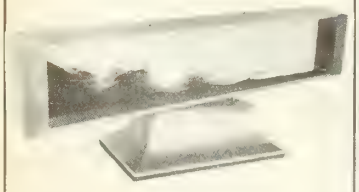
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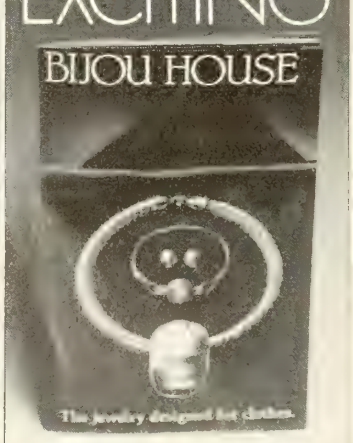


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Perfect for your children, grand children, special little friends Holds doll clothes or assorted toys Well made sturdy solid pine wit dadoed corners, brass recesse hinges, walnut lacquered stain. 8 by 8" by 16". $23.95 plus $2 post Mason Products, HG-1, Box 22 Wellesley, MA 02181.



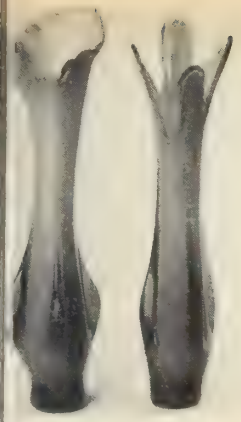
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Nothing like preparing now for next Christmas. Ornament chest holds 92 ornaments of three sizes; space for eight sets of lights, tinsel and other tree-trimming paraphernalia. 27" by 17" by 12". Assembles easily. $9.95, two for $19; 95¢ post. Write to Bruce Bolind, HG1, Boulder, CO 80302.



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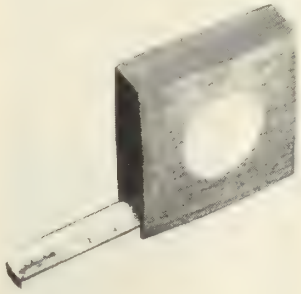
GLORIOUS DECISIONS

Now is the time for all happy gardeners to choose their rose varieties. Jackson & Perkins' full color catalogue features the latest award winners as well as old favorites. A selection of fine bulbs, vegetables, fruit trees is included. Free. Roses '78, HG1, 34-F Rose Lane, Medford, OR 97501.



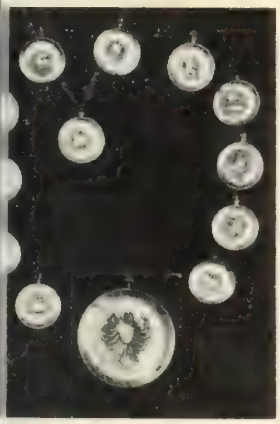
NOUVEAU KIT

nto wall hanging to work by or machine. 19"x27". Blue, /, orange, with chocolate and Polyester print bonded to oam; backing, gold cord, tas- fringe, studs, thread, needle, ions. $12.95 plus $1 post. et Craft, RS-15Y, 380 Madi- ve., New York, NY 10017.



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An absolute beauty for desk, sewing room, workshop or briefcase is the Towle sterling silver tape measure that is 2½" square and spring loaded to measure 10' in both inches and centimeters. Rosewood with silver disc inlay. $25 ppd. 1690 House, HG1E, Newburyport, MA 01950.



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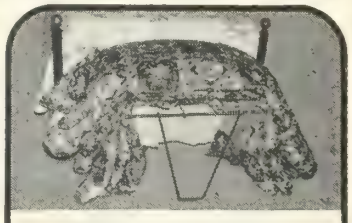
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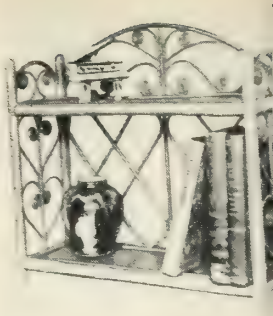
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SHOPPING AROUND



FRENCH MAILBOX

Copy, reproduced in cast aluminum. Hand-finished in white, black, verdigris, goldspun white, pewter. Latched door, hinged knob; figures in bas relief. 14" w., 23" h., 4". Mail container 12" x 8". $49.95, plus $2.80 post. The Patio, HG1, 550 Powell, San Francisco, CA 94108.



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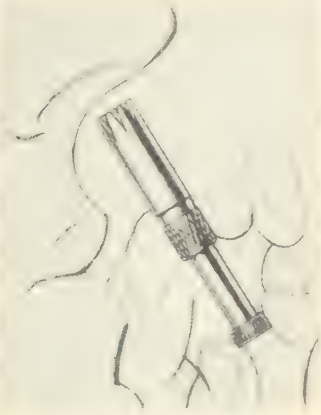
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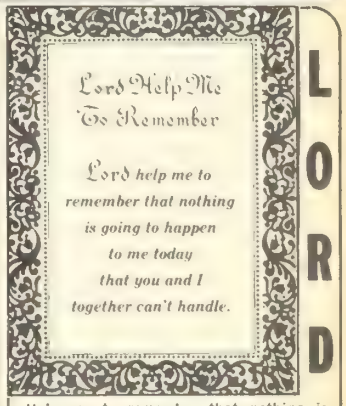


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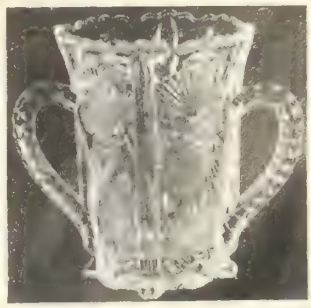




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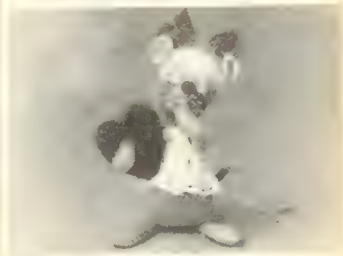
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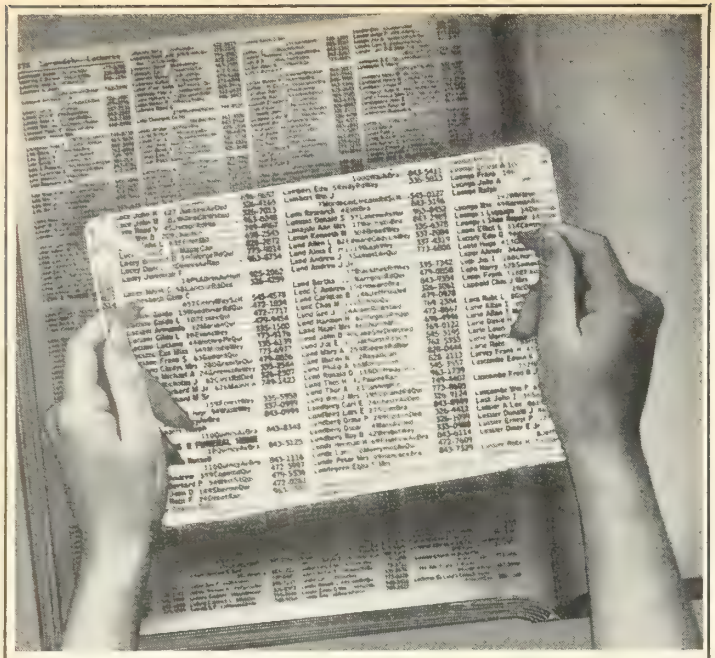
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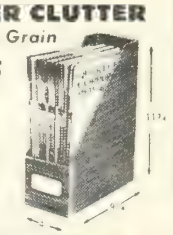


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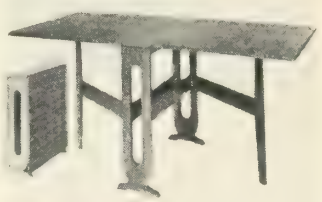
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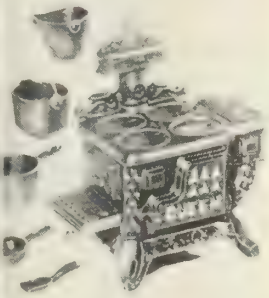
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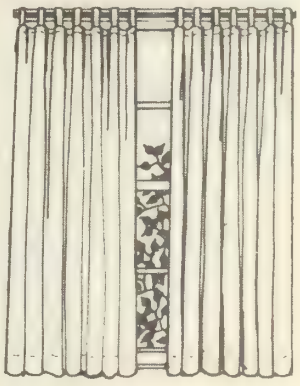
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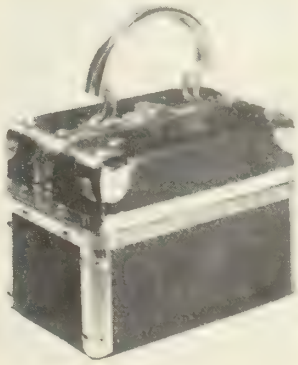
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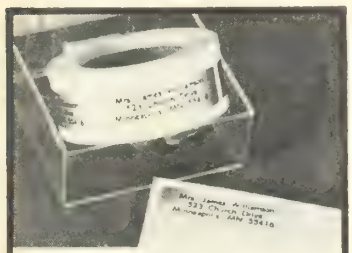
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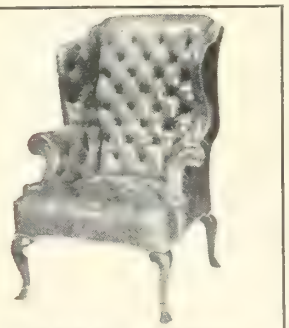


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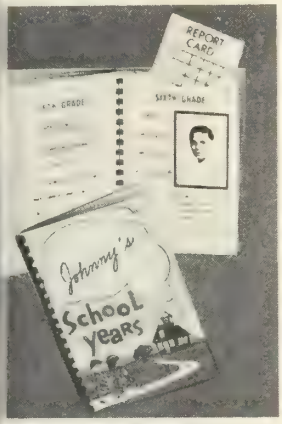
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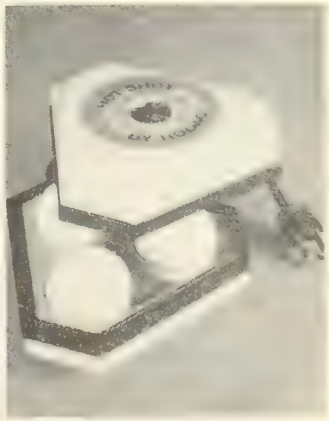
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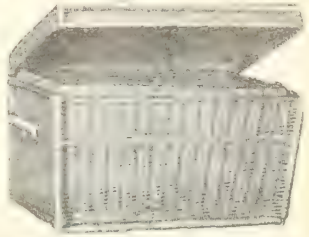




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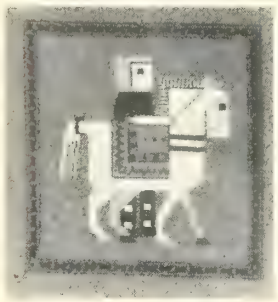
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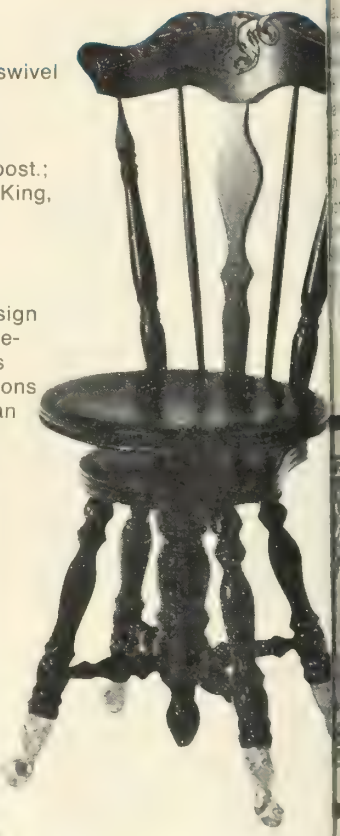
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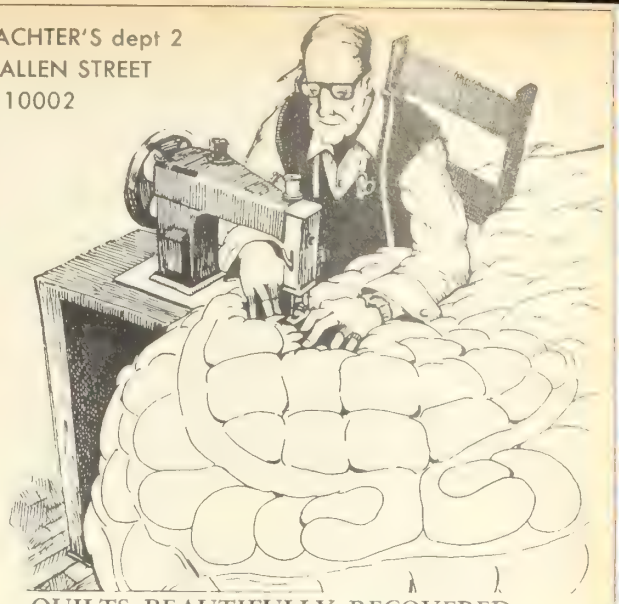
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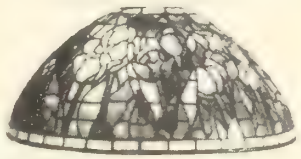
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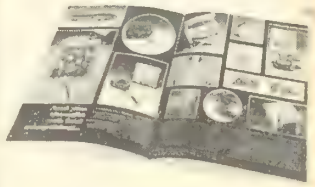
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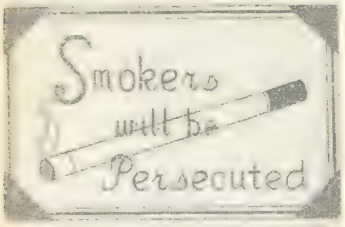
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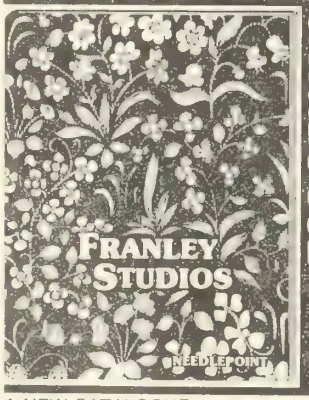
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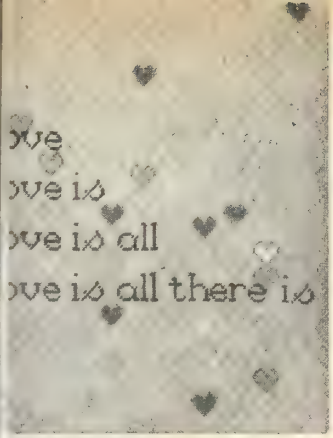
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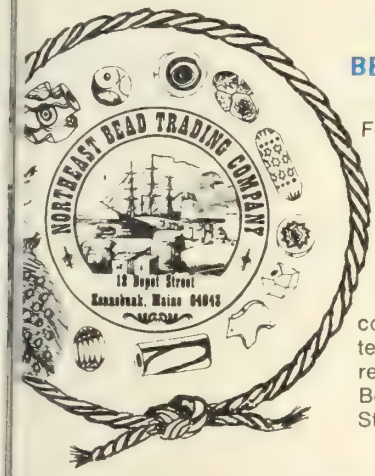


Needlepoint a gift of love. Thoughtful "Love is. . ." kit contains taped Zweigart #10 mono canvas, Paternayan Persian wool in pinks and red with white accents, needles, instructions. Finished size, 14″ by 17″, $29.50 ppd. Ella Projansky's Needleworks, F81, Box 423, White Plains, NY 10602.



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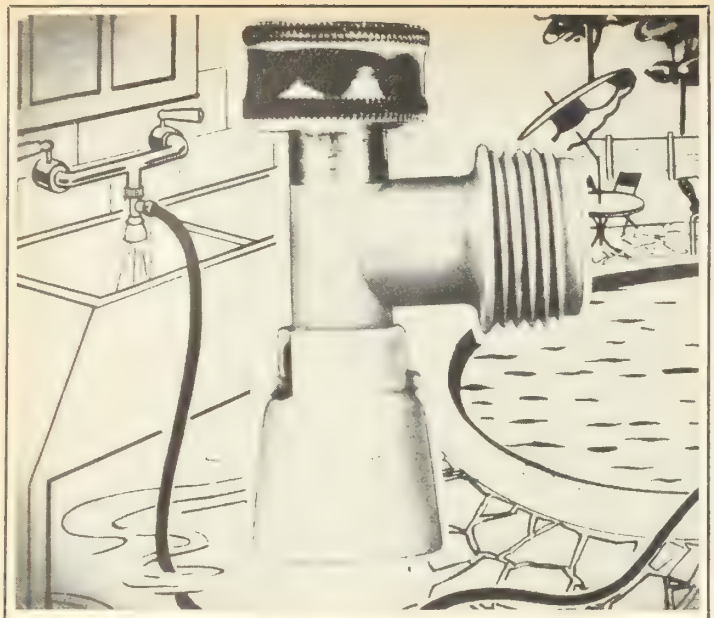
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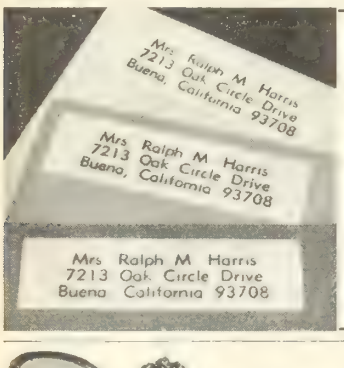
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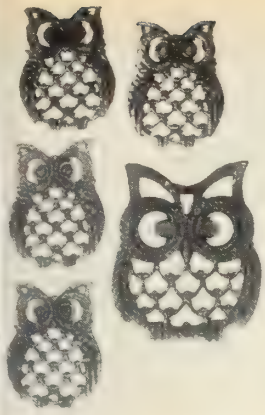
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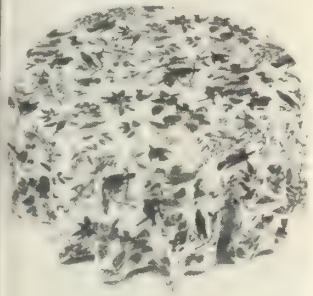
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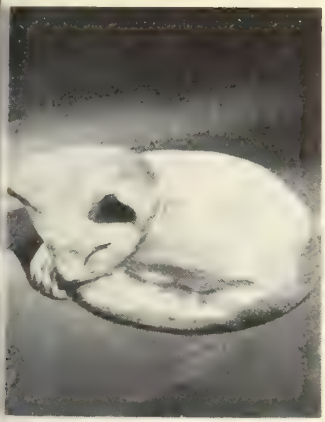
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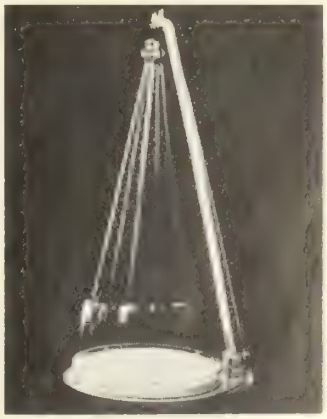
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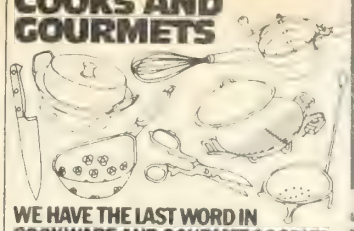
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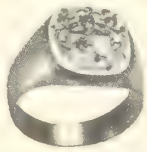


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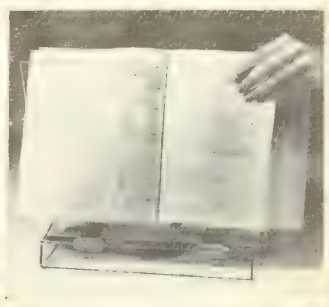
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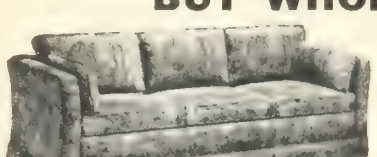
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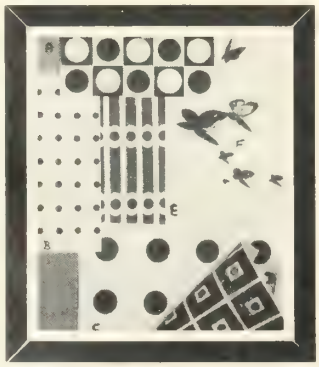
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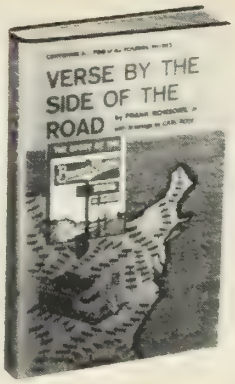


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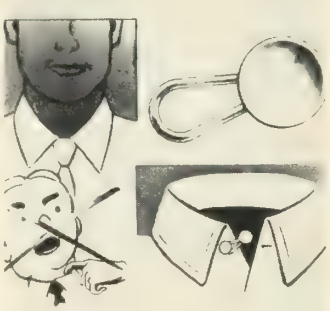
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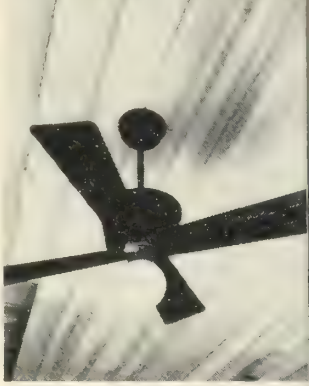
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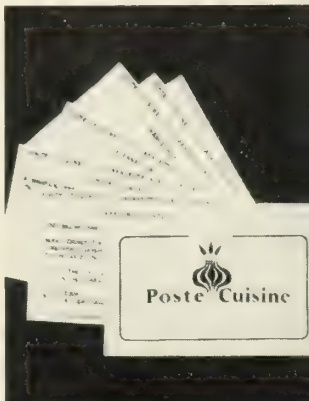
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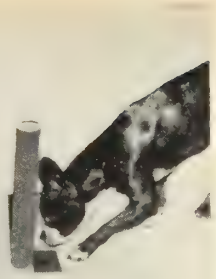
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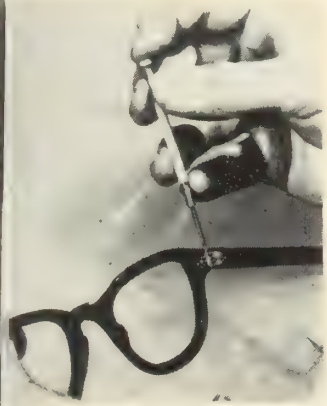
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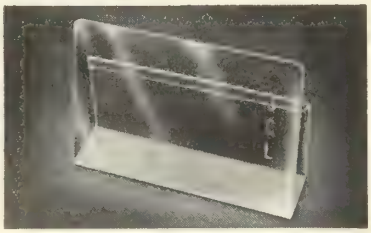
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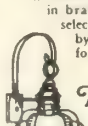
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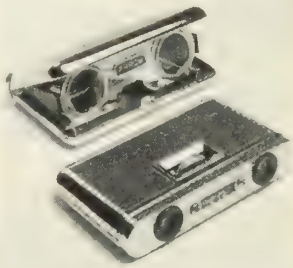
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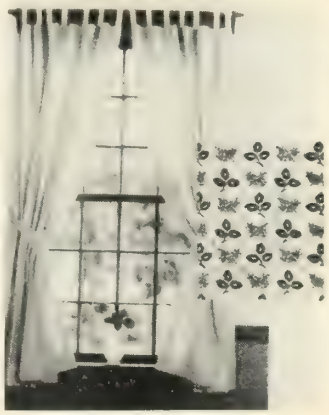
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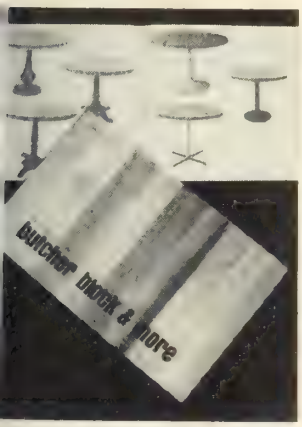
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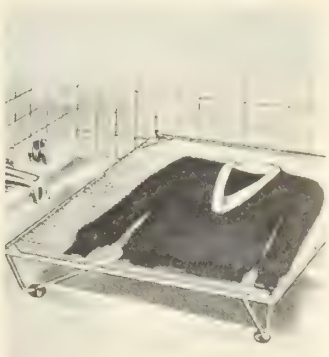
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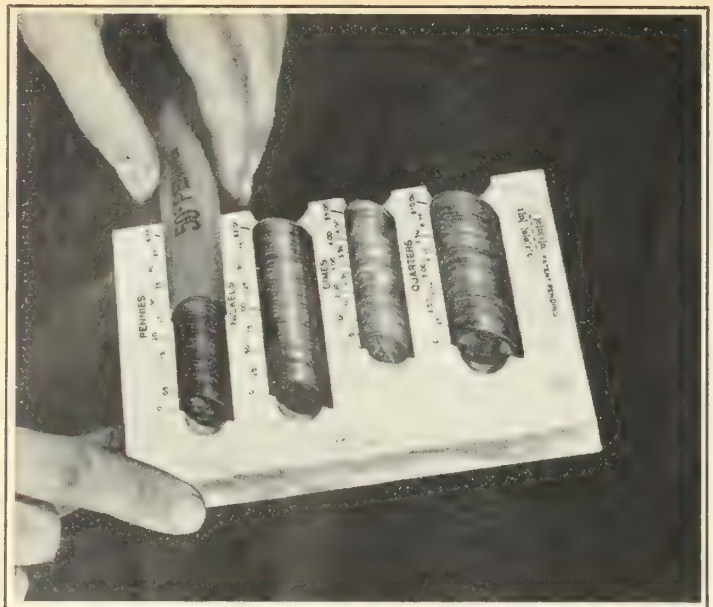
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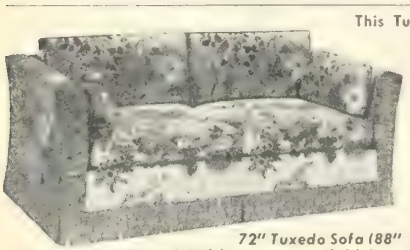
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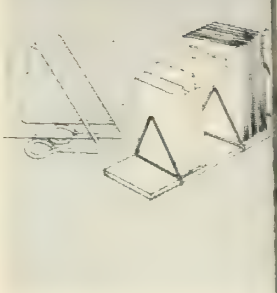
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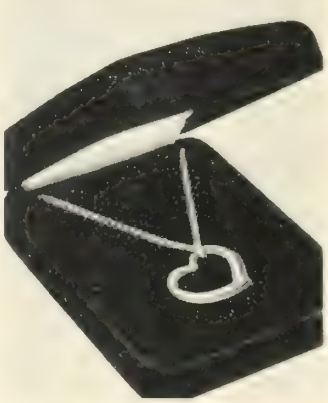
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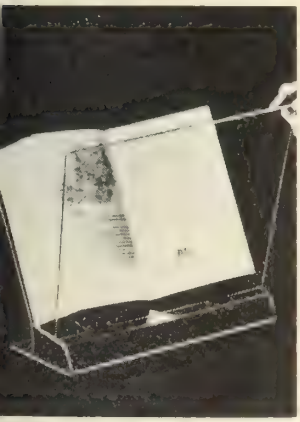
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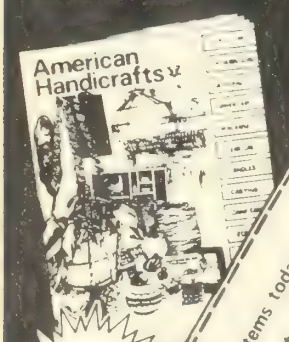
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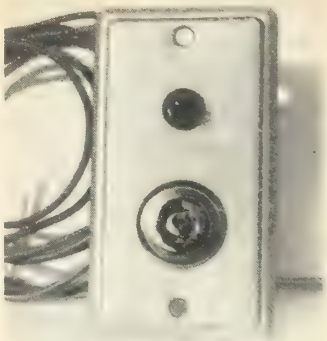
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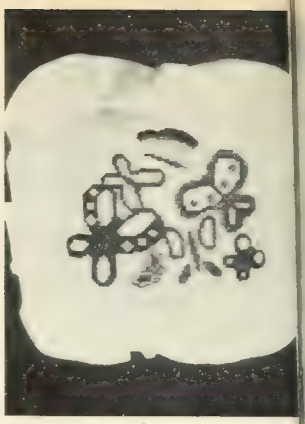
WESTERN LAMPS CO.
P. O. Box 1329
SCOTTSDALE, ARIZONA 85252

SHOPPING AROUND



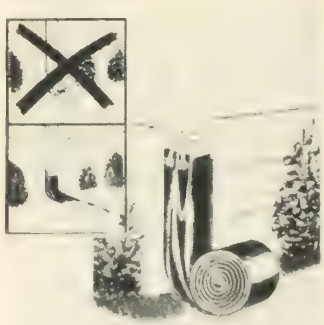
DETER BURGLARS

Protect your home with an AMS Burglar Deterrent System® without costly installation of total alarm system. Key-operated light switch on outside of house indicates activated alarm. Low voltage, $29.95 ppd. American Manufacturing Services, Inc., HG1, 11 Midrocks Rd., Ridgefield, CT 06877.



BUTTERFLY TO STITCH

Pillow cover kit for cross sti design includes unstamped wh aida cloth for finished 10" by 1 pillow, embroidery floss, neec graph, instructions. Yellow/blu green; brown/yellow/rust or spe fy. $8.50; two, $16 ppd. Desig by Anita, HG1, Box 1304 Greensboro, NC 27405.



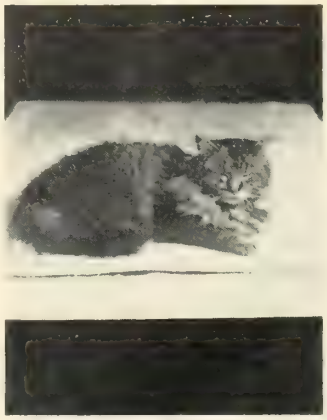
OFF, OFF AND AWAY

Green plastic sleeve distributes rain water away from down spout across lawn, shrubbery. Sleeve stays rolled until it rains then unrolls, water flows and spreads through sprinkler holes. 9' l. $1.49 plus 30¢ post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



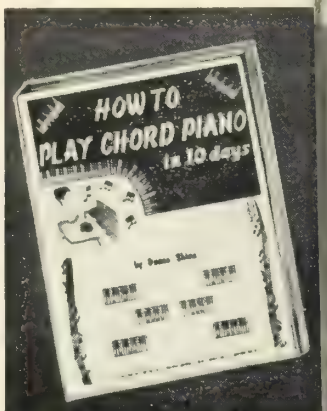
UNIQUE CRYSTAL

The famous mask of King Tut etched in a distinctive thimble wit 22k gold top and rim. Each signed and dated in a limited ed tion of 7,500. A treasure to add t your own collection or to choose a a gift. $9.95 plus 25¢ post. Writ to Downs' Collectors Showcase 1401Z, Evanston, IL 60204.



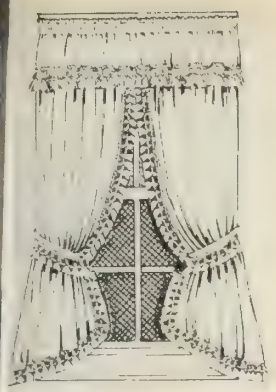
PET WARMERS

Heated pad provides a warm place for your pet. Cover removes for cleaning. Built-in thermostat maintains just the right warmth. On, off switch. Indoor use only. Colorful, attractive. 18" by 24", $18.95, extra cover, $3.50. Ppd. Electromat, HG3, 20153 Laurel Hill Way, Germantown, MD 20767.



LEARN PIANO CHORDS

Instruction book on "How To Play Chord Piano in 10 Days" can lead to a new hobby. Play "pop" tunes with right hand while left hand creates an irresistible rhythm using major, minor, unusual chords. $3.95 plus 30¢ post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



IOD CHARM

tted brush 2" fringe on 65% ester/35% cotton. Natural or e. Wash/dry; no-iron. 90"W . 24", 30", 36", 40" $8.50; , 54", 63" $11.50; 72", 81", $14.50; val. $4; ties $1. Add post. Free color ctlg. Colonial d Curtains, G1F, Lawn Terrace, maroneck, NY 10543.



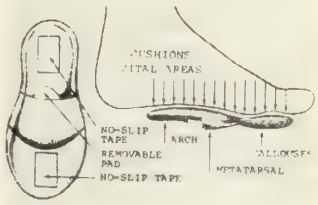
HANDCRAFTED CHAIR

Early American style adds charm to kitchen, dinette, playroom. Sturdy native hardwood, hand-woven rush seat or the newest of the old cane. Seat is 17" by 14", 35"h. Unfinished, $14.95; walnut, maple or pine finish, $18.95. U.P.S. coll. Marion Travis, HG1, Box 292, Statesville, NC 28677.



RIP-DRY ROD

rfect solution for drip dry gar-ants, sheer curtains, hosiery. ljustable 25" to 31" chrome-nished bar, hooks over shower d, locks in place. No screws or lhesive; garments drip in tub. 1.98 plus 85¢ post. Anthony nterprises, HG1, 556 Mission :., San Francisco, CA 94105.



SOOTHE YOUR FEET

Arch supports, pillowed at vital areas with orthopedically shaped pads, for relief of aching feet. Washable, hygienic. Adhesive backing keeps pads in shoes. Specify for man or woman, and shoe size. Pair $3; two $5 Add 35¢ post. Howard House, Dept. 784, 30 East 42 St., New York, NY 10017.



PORTABLE HEATER

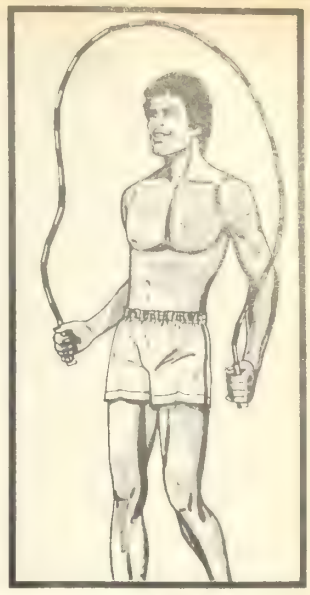
For house or greenhouse, Kero-sun kerosene heater produces 9,400 BTU/hr. with no odors, fumes. Op-erates 28 hr. on 1¾ gal. fuel. Lights without matches, safety shutoff. White baked enamel finish. 21" by 15" by 19". No venting re-quired. $149 ppd. Country Stove, HG1, Box 460, Kent, CT 06757.



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Printed calendars of 100% Swiss quality cotton are wonderful wall decorations, useful reminders. Stained wood dowels. Matterhorn or Swiss scenes. Size 16¼" by 27½". $7.95 each plus 75¢ post. Little Switzerland Gifts & Imports, HG1, Box 11583, Tahoe Paradise, CA 95705.





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100% more effective than jogging. The easy, fun way to firm and slim your body. Stay in beautiful shape wherever you are . . . at home, while traveling, or in the office. A professional exercise device . . . scientifically designed with specially weighted unbreakable plastic links which do not twist or knot. Not fatiguing or monotonous and can be done rain or shine. For Men and Women. Exercise instructions included.

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Any initial in Old English or Script, Pine, U.S. Flag, Gull, Palm, Rose, Saguaro, Any Zodiac Sign, Happy Face or Horse, Roadrunner, Palette, Spruce, Treble Clef. To 20 letters per line, 4 lines. Printed in black ink on 500 white or 250 gold gummed labels. Two sizes . . . 1½" x ½" for $2.50 or Deluxe size 1¾" x ⅝" for $3.50 + 35¢ post. via 1st or 25¢ via 3rd class. Specify design, size and color. Useful 80-P. Gift Catalog, 50¢. Bruce Bolind, 21-L Bolind Bldg., Boulder, CO 80302. (Since 1956, thanks to you!)

Bullrush Baby Basket

Classic form, natural materials, durable construction $29.95



This charming bassinette, handwoven from natural palm reeds, is bound to enchant many future generations of your family. Ideal for home use, its light weight (only 8 lbs.) and convenient size (appr. 31" L x 21" W x 19" H), make it perfect for travel or even outdoor use. The fully natural materials, untreated by chemicals, varnish, preservatives, or artificial colors, will not splinter or chip. Incredibly strong and resilient! (Directions for lining the basket are included.) **For babies from birth to six months old.**

Send check or money order (no C.O.D.'s) for $29.95 to New Orleans Baby Company — Dept. HG-1 P.O. Box 4190 - New Orleans, La. 70178

Shipping charges UPS collect. 2 weeks for delivery. Satisfaction guaranteed or return in 30 days for refund.

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GOLF TEASE

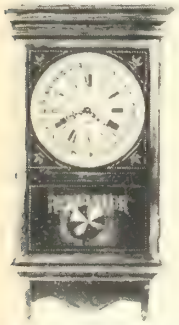
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GOLF TEES . . . $2.98 Plus 40¢ Postage & Handling Each Set

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Exclusively Yours, Pelham Rd. HG-1, Box 143, Kendall Park, N.J., 08824. (N.J. residents add 5% sales tax). Free! Gift catalog with your order.

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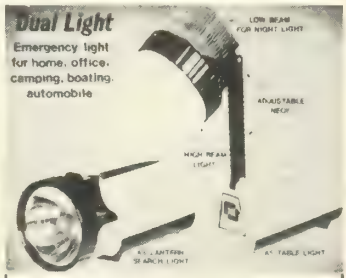


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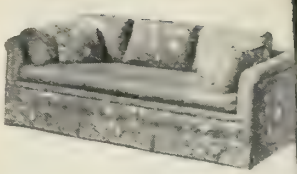
GREENWAY GIFTS

Dept. 1C, 1272 Greenway St. Greenville, MS 38701



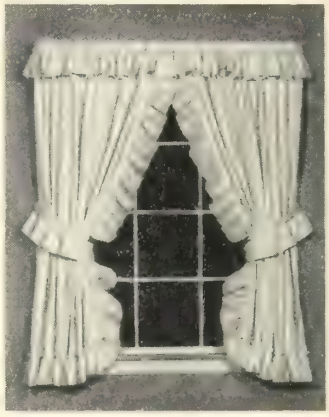
NEAT AND READY

Ski-and-pole organizer kit for equipment protection all year. Can avoid warping and moisture damage, and clutter in closets and hallway. 32"l. by 5½"h. by 4½"d. Unfinished $9.95; in antique satin finish $12.95. Add $2.50 post. Yield House, Dept. G71X, North Conway, NH 03860.



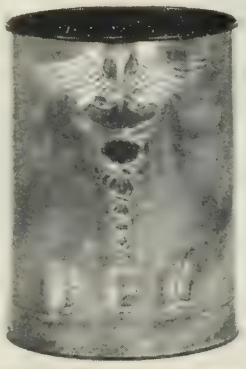
FURNITURE BUYS

Classic sleeper #475, from a co lection of finely made upholstere pieces by National. Color catalogu (fabrics by yd. available) $2. Als 178-page catalogue of prestigiou furniture, $5, refundable. Nation Furniture and Fabric Sales, Inc HG1, Box 2314, High Point, N 27261.



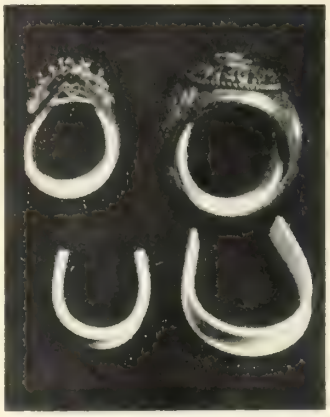
FIVE INCH RUFFLES

No-iron polyester/cotton broadcloth curtains. 86" w; tiebacks. 45", $13; 54", $14; 63", $15; 72", $16; 84", $17; 90", $17.50. White or eggshell. Valance $2.50. Add $1.75 post. Catalogue/swatches, $1. Mathers, HG1, 31 E. Main St., Westminster, MD 21157.



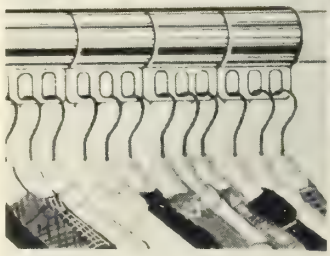
HANDSOME ACCESSORY

Handcrafted virgin copper wastebasket, 14" H. Copper is antiqued, then jeweler's lacquer applied to protect surface. Three initials, with caduceus for physician or scales-of-justice for attorney. $25 ppd. Free catalogue. Gregory E. Hentzi, Dept. HG1, 59 Brown St., Waltham, MA 02154.



HOLD IT!

Keep rings in place on finger with Ring-Insert-Guard-Sizer. Will hold rings in place simply, effectively. Vinyl liner slides inside ring after it's on. Works for any size ring, any finger, woman's, man's. Holds boys' rings in place on girls' fingers, $4 ppd. Rigs, HG11, Box 1039, Longmont, CO 80501.



SPACE RACE

Crushed clothes and tangled hangers are a thing of the past: brass-plated steel hanger spaces snap onto closet rod to hold hangers separately. Set of 6 spaces 36 hangers evenly. $2.98 plus 60¢ post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



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daylight, a nifty ballpoint—but k it into darkness and it es! Chrome-plated satin finish comes with penlite battery refill. Great for jotting middle-ie-night brainstorms. $7.98 60¢ post. Anthony Enter-es, HG1, 556 Mission St., San ncisco, CA 94105.



TRINKET SAFETY

Natural wicker basket is fitted with a black flocked foam pad that holds rings, bracelets, a watch safe from splashes and spills in kitchen or the bath. 5" by 4" by 2" with 14 ring pockets. A delightful gift. Bauble Basket™ $3.25 plus 50¢ post. Panache, HG1, Box 115, Bedford, NY 10506.



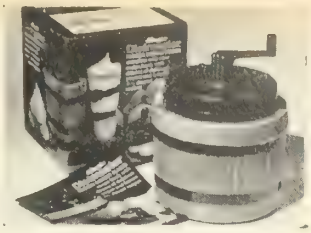
:ISM BEDECKED

ear crystal bobeches are spar-ng with prisms to turn a candle-ick, sconce, chandelier into a inbow. 3½" dia., 1" hole. With ght 2½" prisms, $6; $11.50 for vo. Eight 3½" prisms, $6.50; 12.50 for two. Ppd. Crystal Clas-cs, HG18, 17 Orchard Farm Rd., t. Washington, NY 11050.



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Deposit new silver on copper, brass or bronze where the original plating has worn away. Use Silver Plus to polish sterling but it does not deposit new silver on sterling pieces. 4 oz. bottle. $5.98 plus 65¢ post. Anthony Enterprises, HG1, 556 Mission St., San Francisco, CA 94105.



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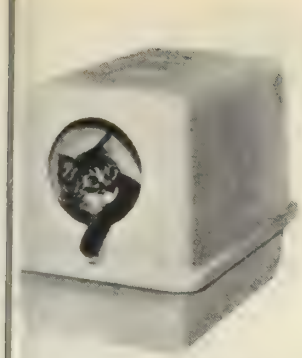
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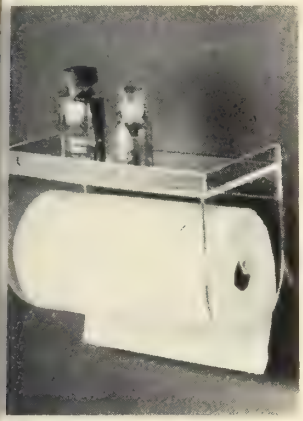
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s litter enclosure confines ›rs, hides wastes and stops litter lls. The top removes. Made of lded plastic. Size 22" l., 16" w., ' h., 7" dia. hole $18.95 ppd. ors available: blue, beige, yel-, avocado or brown. Order from ıgen Products, HG1, 717 W. ron, Ann Arbor, MI 48106.



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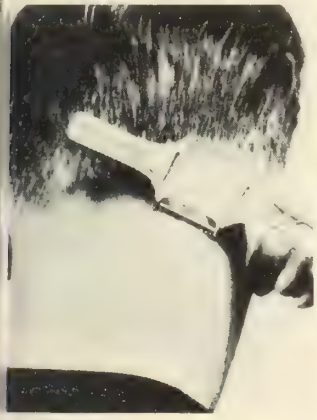
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arkly Lucite will hold a jumbo ll of paper toweling, and give you secure 8½" by 11" gallery shelf ›ove. Use it in kitchen, bathroom laundry for supplies or cosmet-s, or your littlest plants. $13.98 us $1 post. Lillian Vernon, G1E, .0 So. Fulton Ave., Mt. Vernon, Y 10550.



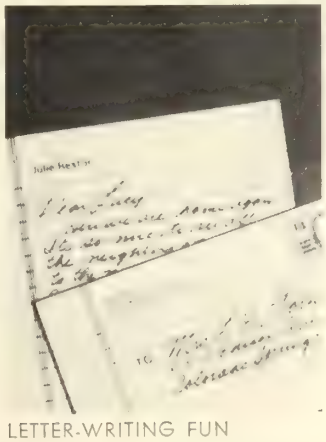
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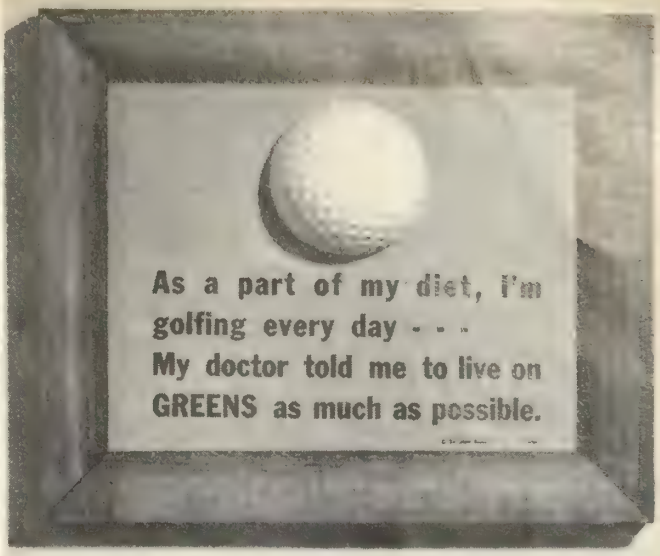
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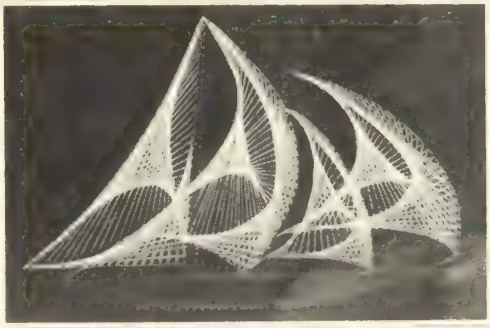
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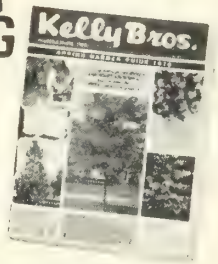
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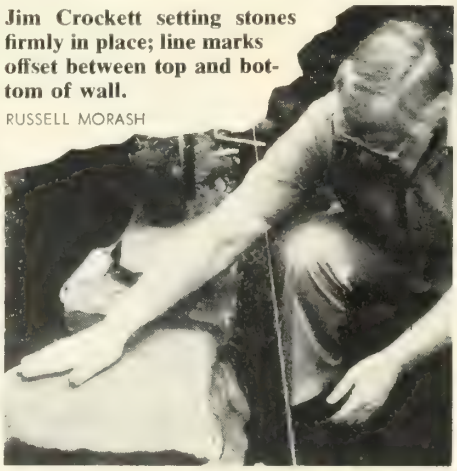
Tips on building a rock garden; six good books for new greenhouse gardeners; plus an expert's opinion on indoor plants

BY JAMES FANNING



Crockett's rockery

Earth—just plain dirt—is a first-rate insulating material. That is why James Underwood Crockett (page 94) has mounded up the bare cement foundation of his greenhouse with it. Never one to let weeds grow where more attractive plants could be persuaded to do their bit, though, Mr. Crockett has made his mounded-up greenhouse foundation into a rock garden. The prime ingredient is, of course, rocks. But not any old rocks will do for a rock garden. First off, they should be fairly big—pebbles just won't do. They also should be flat on at least two sides, otherwise they won't stack up properly. Whether the rock garden is stacked against the foundation of a building—like Mr. Crockett's greenhouse—or



Jim Crockett setting stones firmly in place; line marks offset between top and bottom of wall.
RUSSELL MORASH

freestanding, with two or more sides exposed, it should be narrower at the top than at the bottom. This makes for stability and also collects rainfall, rather than shedding it as a vertical wall would. The soil should be a fairly porous mix, with high proportions of sand and humus, packed in between and behind the rocks as they are piled up. If fair-sized plants are used in starting the rock garden, it is a good idea to place them as the rocks are placed, so that the roots may be spread out and buried in the crevices for firm anchorage. Mr. Crockett makes sure the soil does not wash out from between his rocks by threading it with strands of sphagnum moss. This eventually decays, of course, but by that time the soil will have become well stabilized. Perhaps the ultimate test of a rock garden is ease of maintenance. The stones should be big enough and firmly enough placed so that you can step on them when weeding or cultivating, and the crevices should be narrow enough to discourage any plants that are not supposed to grow there.

Under glass

Greenhouses and garden rooms like those on pages 58 to 65 need careful planning to be successful. So if you're contemplating something of the sort, first get a book or two—it will help in understanding what your architect or builder is talking about, at least. Here are a few of those available—any or all will help you put best foot forward in building and keeping a room for plants.

The Complete Book of Greenhouse Gardening, by Ian G. Walls (Quadrangle/N. Y. Times, $14.95), really is complete, with a slightly British approach, revised for American conditions. *Gardening Under Glass,* by Jerome A. Eaton (Macmillan, $8.95). Mr. Eaton, former director of Old Westbury Gardens on Long Island, knows what he's talking about when it comes to green-

Holding in the heat

Burying a greenhouse up to the eaves is the next step beyond James Underwood Crockett's banked-up foundation. In this case, the glass roof is all that appears above ground. If some means of covering the glass on cold nights is provided, there is no need for any heat in addition to that collected from the sun during the day. All of this is explained in a book that has become a classic of its kind: *Winter Flowers in Greenhouse and Sun-Heated Pit,* by Kathryn S. Taylor, revised and updated by Edith W. Gregg (Scribner's, $4.95 paperback). And then there is the greenhouse with special arrangements for collecting and storing sun heat. There are several ways of doing this (see page 36). *The Food and Heat Producing Solar Greenhouse,* by Rick Fisher and Bill Yanda (Bookpeople, 2940 Seventh St., Berkeley, Calif. 94710, $6 paperback) gives special attention to the year-round production of food at home, this may very well point the way to an ecology-conscious and energy-conserving future.



greenhouses on house by Phillip Henderson

houses, and knows how to explain it all clearly and simply.

Greenhouse Gardening, by James Underwood Crockett (Time-Life Encyclopedia of Gardening, $8.95). The well-known TV gardener, whose own greenhouse is shown on page 94, tells others how to do it. Very concise and practical, with fine illustrations. *Greenhouse Grow How,* by John H. Pierce (Plants Alive, $19.95), has clear, detailed instructions for keeping greenhouse plants thriving, as well as excellent pictures and diagrams. *Garden Rooms and Greenhouses,* by Jack Kramer (Harper & Row, $10). In Mr. Kramer's well-known style, he tells how to set up all manner of arrangements for growing plants indoors. The diagrams are particularly valuable.

It's the most!

False modesty would be unbecoming to a gardener as expert as George Seddon. Without hesitation, he has called his book about house plants *The Best Plant Book Ever* (Rand McNally, $7.95). Mr. Seddon begins with a brief history of the growing of plants indoors, proceeds to lists of plants for particular temperatures and locations, and goes on to give detailed instructions for potting, repotting, mixing soils, and curing ailments. Illustrations are line drawings and color photographs, and the last section of the book is a month-by-month analysis of what to look for at particular times of the year. Other writers may object to his calling the book "best," but they'd have to work hard to produce a better one.

From The Best Plant Book Ever; copyright © Mitchell Beazley Ltd., courtesy Rand McNally, U.S. publishers





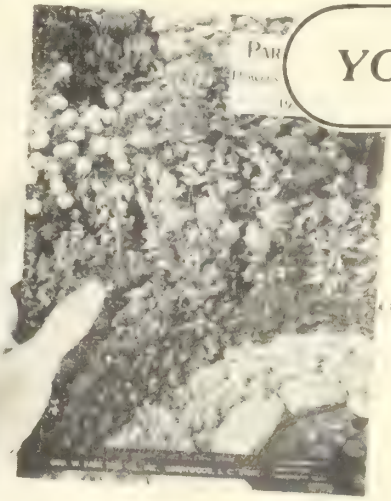
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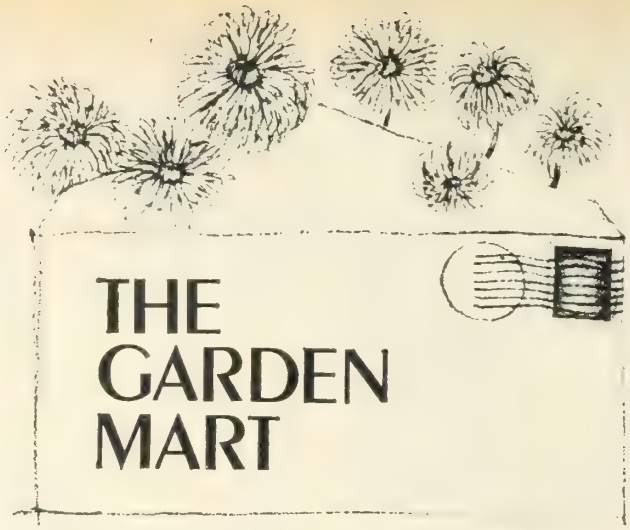
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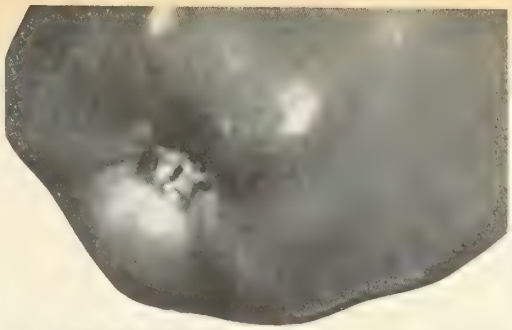
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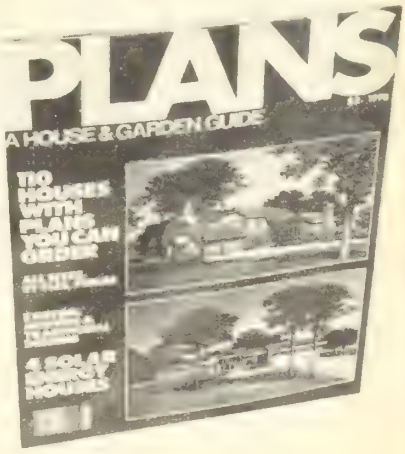
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Buy your place in the sun
continued from page 77

from taxes. Note, however, that you can't use the unit for more than 13 days each year. Moreover, you could lose this privilege if you can't show a profit for two out of every five years.

Since you will, in effect, be an absentee owner, you have to take some special precautions when looking at vacation condominium units. Some points to check out before you buy:

- Management is absolutely critical to successful vacation developments. The staff should have extensive condominium or resort hotel experience. The management contract can tell you a lot if you take the time to read it. For example, if it provides for a day between occupants to give the unit a thorough cleanup, as well as a period during the year for extensive maintenance, you can tell you're dealing with professionals. They should also establish reserves for furniture and appliance replacement.
- Look for developments that are designed for year-round use so that costs can be spread over many owners and renters.
- The condominium development as well as the surrounding area should be graced with the kinds of vacation amenities that will attract other owners.

If you buy a vacation home or condominium unit that doesn't enjoy some of those management extras, you'll have to accept the responsibility of renting it out yourself. Your best bet is to scout the area for a good real-estate broker or rental agent to handle this chore for you. When you talk to agents and brokers, make sure that they are also willing to stop by your place every so often to make sure that everything is in order.

VACATION HOUSE SWAPPING

Of course, one drawback to owning a vacation home is that it ties you to one place. After all, if you own a vacation getaway in the mountains, you almost feel compelled to use it—even if a vacation by the sea seems like a nice change of pace and place. Well, now house swapping is easy to arrange. A host of vacation home exchange clubs have sprung up to help you exchange houses with others.

The Vacation Exchange Club (350 Broadway, New York, N.Y. 10013) has an annual list of thousands of people who are interested in swapping houses. The listing, which covers 48 states and some 38 countries, also includes a brief description of the eligible homes. Cost: $12 a year for those who want to list their homes. If you just want to rent your home, it costs $9 a year.

The Holiday Home Exchange Bureau (Grants, N. Mex. 87020) lists homes in the U.S. and abroad in an annual directory that's updated with monthly supplements. Cost: $15 a year.

Vacation swap clubs provide only names and addresses. It's up to you to arrange the actual exchange. And since the clubs do not vouch for the condition of the houses that are listed, you'd be wise to swap photos—so that you'll know what you're getting.

11 CHECKPOINTS ON HOW TO BUY A CONDOMINIUM

A condominium offers you all the advantages of owning a house. You can get a mortgage on it, deduct interest payments, use it as collateral, sell it at a profit, and leave it to your heirs. However that's where the similarities end. A condominium is also freighted with a lot of hidden costs (for management and maintenance) that may not be under your control. If you don't shop carefully, you may be locked into a contract that costs you more and more every year. What to watch out for:

- Developers who want an advance payment for the "maintenance fund," even though the project is still under construction. Shy away from the condominium. There's no maintenance on a building that hasn't been completed yet.
- If the developer wants a deposit of up to one-third of your unit's cost, make sure the money goes into an escrow account rather than into construction costs —otherwise you may not get your deposit back if the developer goes bankrupt.
- Condominium salesmen are fond of stressing the low cost of maintaining the building's common areas, such as hallways, lobbies, grounds, and elevators. Don't believe the figures they quote. Often when the tenants move in and the developer moves out, assessments double. Demand a full breakdown of the maintenance budget so that you can ask a real-estate pro if it's reasonable.
- Have a structural engineer check out the condominium, just as you'd have him check out a new house you plan to buy. Otherwise you might be surprised by big bills to replace shoddy air conditioners, pipes, or electrical systems. Some good developers offer warranties—which vary in length—on structure and equipment.
- The condominium should have sufficient capital reserves to prevent a sudden, extraordinary assessment should a major problem arise.
- When the developer has a long-term management contract with the condominium—to ensure continuing, professional service—make certain the condominium association has the right to cancel the contract after a reasonable period of time. You should also be able to cancel any contracts the developer, in his management role, has signed with outside firms—in case the contracts are sweetheart arrangements. An owners' association that wants to run the building itself could cut the management fee to 2 or 3 percent.
- Have your lawyer check the condominium contract. Some developers, particularly in Florida, retain ownership of the land the condominium occupies, as well as its recreational facilities. They lease them to the owners for 99 years, often with a cost-of-living escalator clause. After a few years, the extra rental payments can be enormous. Don't buy if there's a rent escalator and no option-to-purchase after 10 years or less. What's worse, if your deal includes a lease and you don't pay your rent, you can lose your condominium. There may be a lien on your unit, and nonpayment triggers it. Do examine all the lease arrangements carefully. When the developer owns the land, you shouldn't have to pay as much for the condo as you would for a unit that also owns part of the land on which it was built.
- Find out if the recreational facilities are owned by the condominiums or by the developer. If they're owned by the developer, you will probably have to ante up a membership fee to use those facilities. And do be very wary of low-membership fees if the condominium development is fairly new. Many developers have a well-deserved reputation for sucking in buyers by charging very modest fees for recreational facilities—and then boosting the fees dramatically once the units are sold.
- Check out the developer's track record on past condominium developments. Don't be afraid of asking him for the names of tenants in some of his other developments. And do make certain to ask for financial references.
- Generally, you would be better off avoiding condominiums that haven't been built yet. For one thing, construction and interest costs are rising, which means that new condo units will be much more expensive than those that have been built. And also, there are fewer potential problems or surprises if the building has already been up.
- Get everything in writing, take nothing on a handshake. ■

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HOUSE & GARDEN

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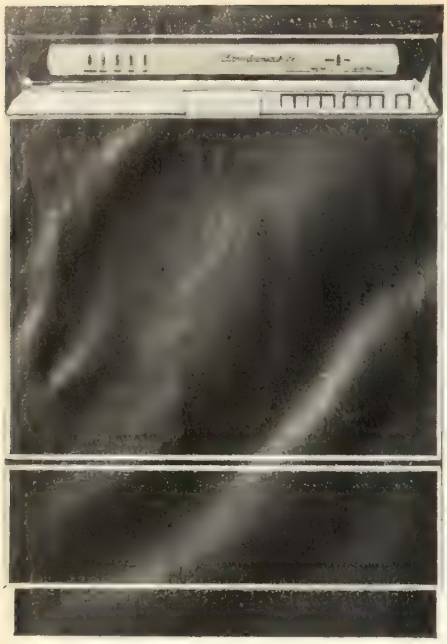


The Charlie you kiss with.

How a lipstick makes your mouth feel is almost as important as how it makes your mouth look. The creamy consistency of Charlie Extra-Extra Shine Lipstick makes your mouth feel soft, creamy, moist. The creaminess produces a luscious, glistening shine. And the colors—37 lipsticks, 14 glosses—are as pure and distinct as they are special. And that's how it is with Charlie lipstick.

Charlie Extra Extra-Shine Lipstick.





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People say things like, "Built solid, very reliable."

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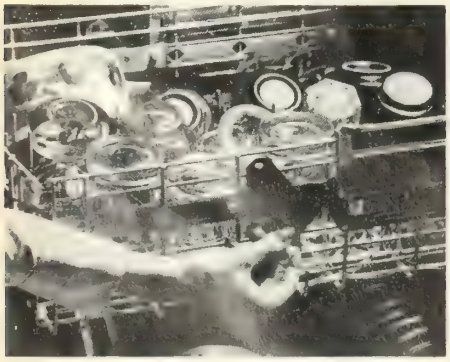
"Needs few repairs." "Lasts a long time."

"Uses less hot water." "Saves on electricity."

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Whatever their reasons, more people over the years have replaced their old dishwashers with KitchenAid than with any other brand.

And that's something to think about when you're thinking about buying a dishwasher.



KitchenAid®
Because it's worth it.
Hobart Corporation, Troy, Ohio 45374

Incorporating LIVING for young homemakers Vol. 150, No.

FEBRUARY 1978

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Legendary Waterford crystal.

Born in fire in the ancient Irish city of Waterford.

Blown by mouth & cut wholly by hand, with heart.

Each masterwork is faintly etched with the one & only signature that identifies it as authentic.

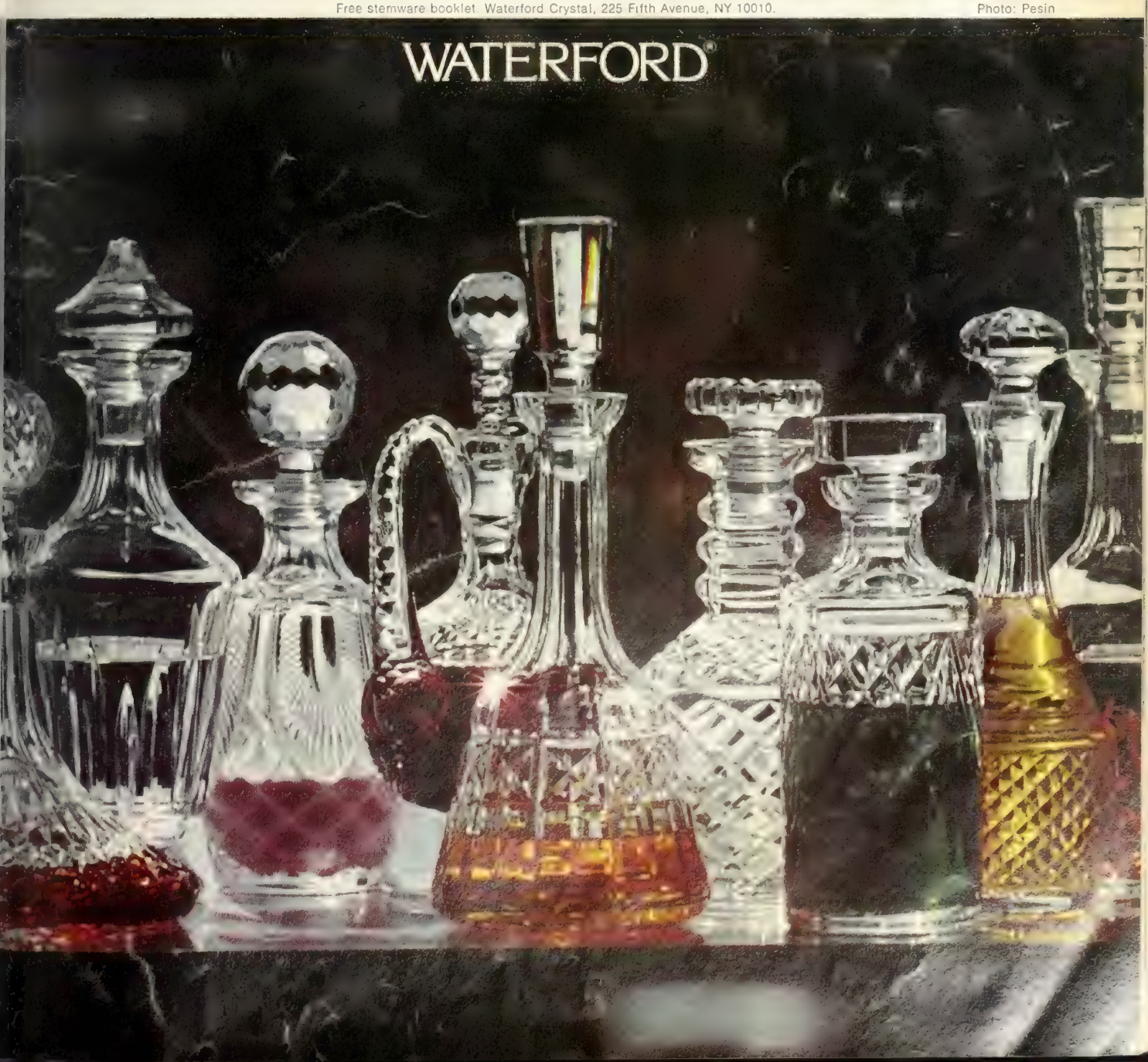
Waterford.

The world's most desired crystal.

Man lives not by water alone.

Free stemware booklet. Waterford Crystal, 225 Fifth Avenue, NY 10010.

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The beauty secret that keeps Royal Velvet towels young.

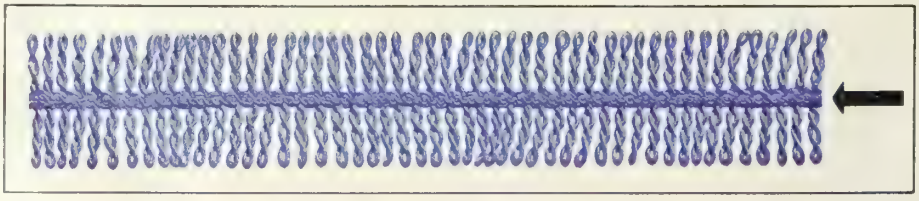


Our secret is invisible. It's locked in the weave.

You can't see our secret. But it's what makes Fieldcrest towels resist shrinking, puckering and tearing while they keep their shape through use, through laundering, through all the punishment a towel is asked to take.

Fieldcrest towels start out in life and stay just as absorbent as any towels you've ever owned. That's because only cotton touches the skin. Soft, thirsty 100% cotton. That's no secret. But—we know that cotton alone isn't enough to keep a towel young. So in the part that *doesn't* touch the skin, we lock in the polyester reinforcement it takes to help keep a towel young and bouncy and beautiful. And we do it with every towel we make.

You see, we don't think any towel should start showing signs of middle age just when it's in the prime of life. And that's our secret. Isn't it beautiful?

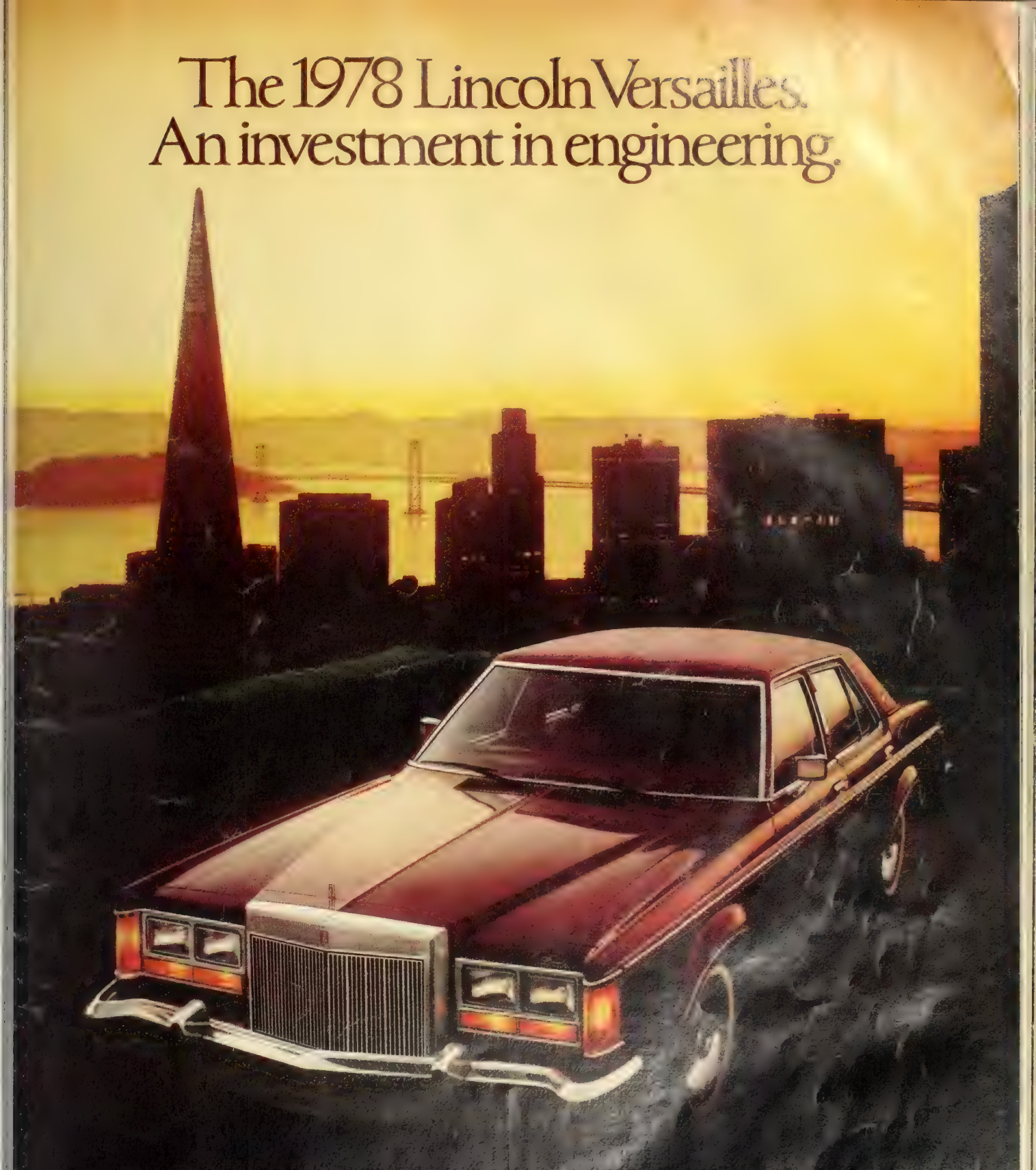


The loop is 100% cotton. The base (arrow) holds the secret that keeps our towels young

the Lasting Impressions of Fieldcrest®

Fieldcrest, 60 West 40th Street, New York, N Y 10018

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First, a car with a 110-inch wheel base with a luxury car ride.

The Lincoln Versailles was engineered to be an entirely new kind of Lincoln. For, although its wheelbase is a nimble 110 inches, its ride, its comfort, its elegant interior are those of a superb American luxury car.

Versailles is, in fact, such an unusual automobile that you must sample it for yourself in order to appreciate its extraordinary ride-engineering and the adroitness of its design.

Now, Electronic Engine Control for today's needs.

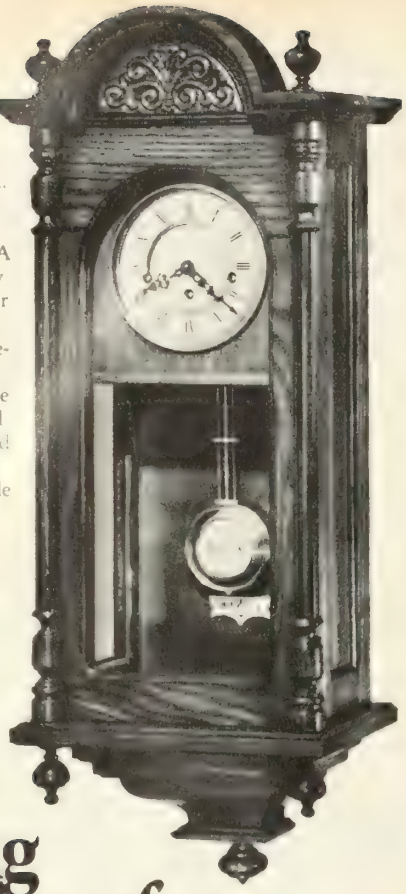
For 1978, engineering has developed another innovation for Lincoln Versailles. Electronic Engine Controls which continuously measure certain operating conditions of your Versailles, and then adjust vital engine functions accordingly.

The result is to maximize the performance of every Versailles engine under any type of operating condition.

1978 Lincoln Versailles. More than ever, it is an investment in engineering.

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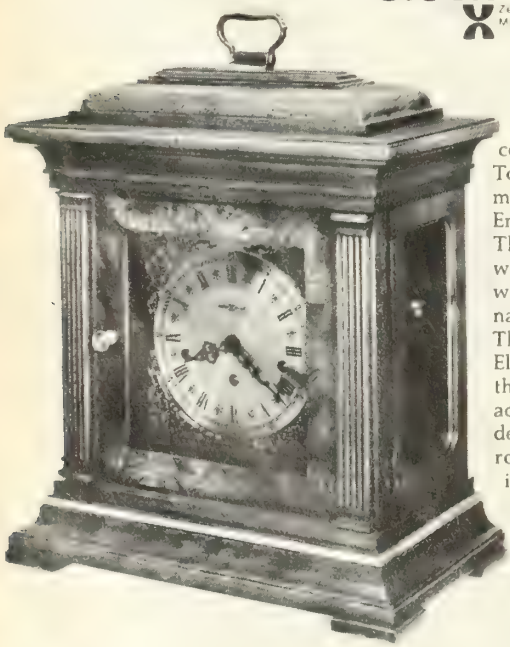


"Regulateurs" was the name given to long case clocks in 18th century Austria. With their long pendulums, they were extremely accurate. A standard of accuracy for other clocks. Our Vienna Regulator is an authentic interpretation of a popular Austrian clock of the 1800's. Note its fired porcelain enamel and brass dial. The solid oak case has glass side panels and a carved pediment.

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In the early 17th century, Thomas Tompion was the most celebrated of English clock makers. This elegant timepiece was inspired by his work and we have named it after him. The rare Carpathian Elm burl facing on the door is skillfully accented with gold decoration. The mirrored back and glass inserts show off the excellent West German movement. Tompion would be proud.

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RUSSELL MACMASTERS

On the cover: Bring in the sunshine with colors like fresh lemon, white, and touches of rose. Here, a charming country house filled with comforts, like down-filled sofas cushioned in chintz and tossed with pink and yellow pillows, and window seats nestled in chintz-framed window alcoves lined with books. Around the room, tubs of tuberous begonias and impatiens bloom on lacquered tables and wicker stools, sheltered by a fishtail palm. Ceilings and beams are rough-sawn wood, whitewashed like the walls. Owners, Pat Montandon and Alfred Wilsey. Interior design by Michael Taylor. More of the house on page 96.

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These classic Gorham Sterling Originals are the latest thing in dining.

Many people don't know they were introduced over 60 years ago.

Many things have changed in the last 60 years. But one thing hasn't. An investment in a true work of art will always endure... like Gorham Sterling Originals.

These are some of Gorham's oldest and most famous designs. They are true works of art in sterling whose timeless beauty has made them even more popular today than when they were first introduced.

But timeless beauty is only one of the distinct qualities that will safeguard your investment in Gorham Sterling. Incomparable craftsmanship is another. Each Original is made of solid sterling silver, a precious metal that's becoming scarcer. Gorham uses this treasured silver to create a total design concept for each of its Originals. A concept with perfect balance between ornamentation, shape, and function. Each curve, line, or flower of every Gorham Original is executed with the same painstaking attention to detail on the back as it is on the front.

The Gorham Hallmark has represented the pride of the silversmith's art since 1831. It says your Sterling is the ultimate in beauty, craftsmanship, and value.

Isn't it time you owned a Gorham Original?



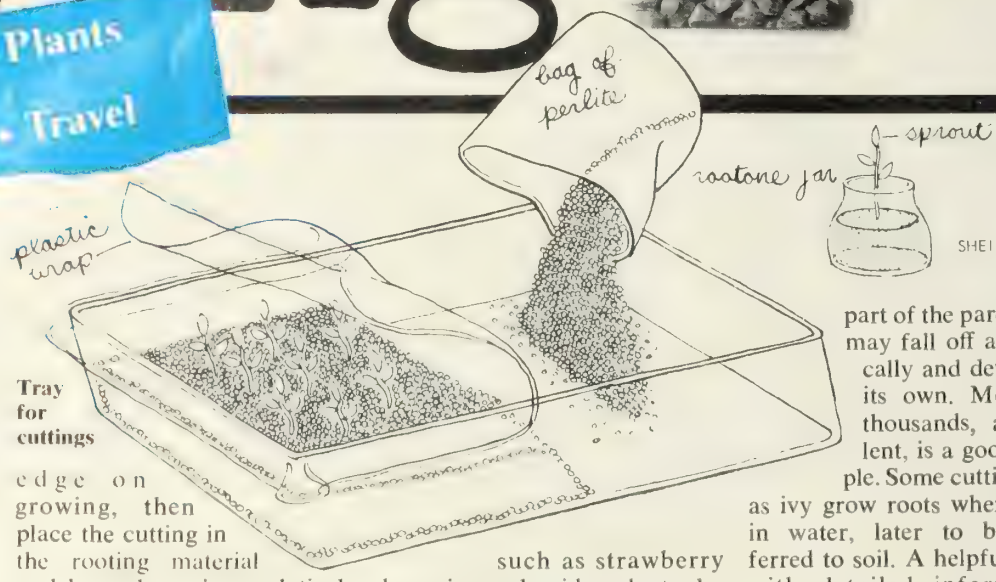
Chantilly (1895) ©1977 Gorham Fairfax Strasbourg Old English Tipt Buttercup

unmistakably Gorham

ORIGINALS IN STERLING, CHINA, CRYSTAL AND PEWTER

Living

Decorating • Design • Plants
People • How-tos
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Tray for cuttings

SHEILA CAMERA

By midwinter some plants may be looking a bit overgrown and need a trim. When you cut them back, make the most of the trimmings by propagation. One easy method can be used for most cuttings. Be sure three or four nodes are on the cut stem and discard excess bottom leaves. Take a watertight pan, similar to those used for the cat, the dark room, or one purchased at a plant store—fill it with 2 inches of perlite or vermiculite or a mix of both: dip the cutting in Rootone, a hormone powder, which helps protect the cutting base from disease and gives the cutting an edge on growing, then place the cutting in the rooting material and keep damp in a relatively warm, well-lit area.

If you are fond of African violets and begonias, they can be rooted in soil from a healthy leaf. Begonia leaf veins should be cut slightly on the underside and securely placed right side up in moist soil. Some plants such as strawberry begonias and spider plants develop runners, which are miniatures of the parent plant and can be easily planted in a smaller pot while they are still connected to the parent. After roots develop, they are snipped off the parent. Some succulents and cacti are easily propagated. A part of the parent plant may fall off automatically and develop on its own. Mother of thousands, a succulent, is a good example. Some cuttings such as ivy grow roots when placed in water, later to be transferred to soil. A helpful source with detailed information: *Propagation & Care of Indoor Plants*—Consumer Guide® garden quarterly, Fall, 1976, vol. 128, $1.95, 3841 W. Oakton, Skokie, Ill. 60076.

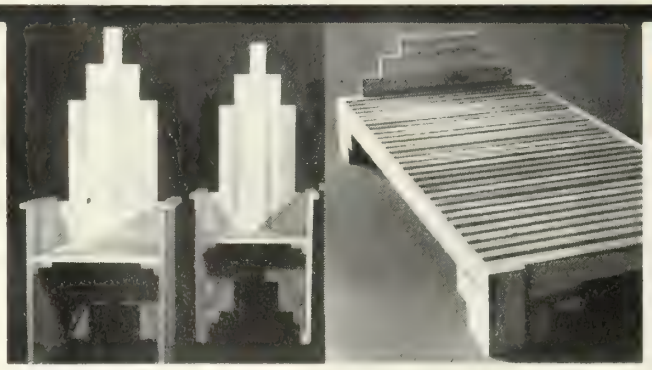
Party on the wing

No matter where you live, chef Robert Wemischner of Beverly Hills, Calif., with a string of French, three-star restaurant apprenticeships behind him, will cater your party. One Saturday morning recently, he and partner Marge Levine, *below*, fixed an entire buffet dinner for 30 and placed it on a midday airliner to Newark, N.J. There it was picked up by the host and driven home to be refrigerated overnight. Sunday, dinner was heated and glowingly served. The menu: a spinach and cheese, wafer-thin strudel, salmon pâté with creamy dill sauce, chicken Normandy, lemon tarts, chocolate truffles, French macaroons. $20 per person, plus $60 plane handling. Le Grand Buffet, 9527 Santa Monica Boulevard, Beverly Hills, Calif. 90210.



ELYSE LEWIN

Design news



Stamberg's cardinal chair, *far left*; Enzo Mari's chaise. *Right:* JSJ chair by Stamberg

Better build it yourself

Architect and designer Peter Stamberg's book *Instant Furniture* (Van Nostrand Reinhold) has sold 20,000 copies since it came out a year ago. Proof indeed of the do-it-yourself pull. Nine of the designs in that book are now available in kits which include wood pre-cut into the proper lengths, instructions, glue, and nails. "It's furniture for the real world," says Stamberg. "People want quality, intriguing design at a price that won't hurt their budget." What's special about these wood pieces is they're by top designers: Enzo Mari, Carlo Scarpa, and Takahama who collaborate with Stamberg and Dino Gavina in their studio in Bologna, Italy. Bloomingdale's will have some of these designs. Kits start at $45 for a chair; $150, dining table; étagère, $160. And a long, narrow "Hosonaga" table fits behind a sofa. Polyurethane coating keeps pieces clean.



SEAGRAM DISTILLERS CO., N.Y., N.Y.



At about $14, it's not everybody's bag.



Living

SHEILA CAMERA

Vested interest

Opera lovers will be delighted to know that not only can they take opera to their hearts, they can wear it on their backs and help the Met, too. Charles Caine, Staff Costume Designer for the Metropolitan Opera in New York, has designed vests for men and women plus a sumptuous women's evening bag made in a gorgeous collage of fabrics from the costumes worn in five productions. The vests look like stained-glass on black velvet; the man's buttons, the woman's doesn't. The evening bag is made of black silk, and all have an official label sewn inside with the names of the productions the fabric swatches come from. The vests for women come in sizes 8-14, $90; the men's, 37-42, $80; the evening bag, $75, converts from clutch to shoulder bag as you prefer. A portion of the order benefits the Metropolitan Opera Company and helps it receive Federal matching funds. Write The Met by Mail, The Metropolitan Opera Guild, Inc., 1865 Broadway, New York, N.Y. 10023.



ALAN LEWIS KLEINBERG

Designer Charles Caine and opera star Renata Scotto in vest.

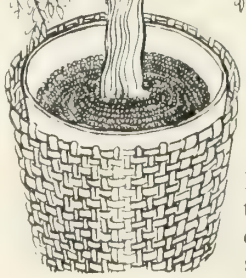
Garden art

Under the tamarind tree

In coffeehouses in the 60s, my favorite drink, after consuming enough cappuccino to bring the philosophical discussion to a heady peak, was a tall, cool glass of tamarind juice. A refreshing drink, made from a syrupy extract mixed with water. The coffeehouses have for the most part been replaced by fast-food franchises. But the tamarind remains—in the form of a splendid indoor tree, *tamarindus indica*. The long flat beans, which the tamarind tree produces and from whose pulp the syrup is made, are often available at health-food stores. If you find some, clean the flesh from the seeds—it's a bit dry, but quite flavorsome when eaten out of hand. Soak the seeds in tepid water overnight, then plant them in a pot filled with rich soil, such as that used for African violets. Plant three or four seeds to a pot, just in case. The first leaves to break the soil will be a pair of bean halves, totally unlike the foliage the plant will bear in future. Following these seed leaves will be numerous long airy leaves filled out by rows of oval leaflets. Stretching and opening early in the morning, they will fold down into a sleeplike pose at night. The tamarind plant likes its place warm, sunny, and moist. Never let the soil dry out, or you'll have spider mites around. Pinch back the trunk to keep it bushy or let the tree take its natural vertical course. It's striking.

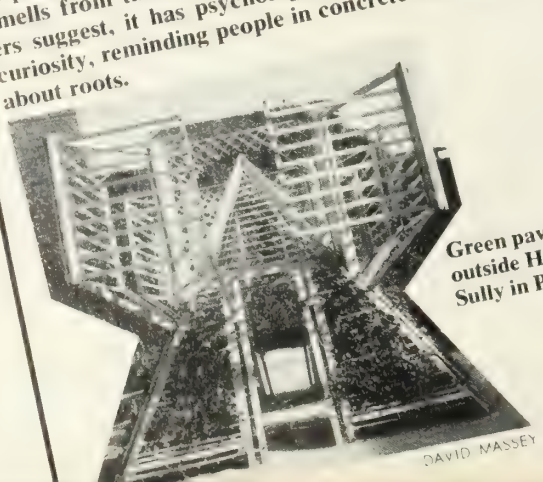
—RICHARD LANGER





Green with ivy

Why not have more "green pavilions" in city spaces, say two French architects, Jean-Max Albert and Arnaud Fougeras-Lavergnolle. They have constructed this three-part wooden trellis—a rectangle inside a pyramid shape with a cube on top, green with honeysuckle, ground ivy, and convolvulus. A place for quiet moments of escape, it recaptures smells from the countryside. Above all, the designers suggest, it has psychological value—stimulating curiosity, reminding people in concrete surroundings about roots.



DAVID MASSEY

Green pavilion outside Hotel de Sully in Paris

Spring into Portugal

When I think Portugal, I think P's: peace, pink, parrots (swinging in cages in Lisbon windows), and above all, *pousadas*, government-owned hostelries that make a visit to this tiny sliver of a country so extra special. Planning your Portuguese visit around the 23 pousadas scattered around the country is a good way to see Portugal, and spring is the time to choose. Most pousadas are located in some of Portugal's most scenic and historic towns; many are converted castles or convents. Rent a car in Lisbon, then skim over the serenely green and luscious countryside, dotted with white or pastel houses, villages that look like stage sets. Picnic as you go on local sausage, cheese, bread, and the pleasing indigenous red wines (such as Periquita). Wild red poppies are flares of color, and throughout the Algarve (Portugal's southern "garden" area), flowering almond, lemon, and orange trees festoon the landscape. Note: Pousadas are tiny, from 6 to 28 rooms, so reservations in advance are a *must*. In busy summer season, stays are limited to five days. *Pousada de Reinha Santa Isabel*, beautifully furnished (with antiques), 15th-century palace tucked into hillside castle walls above Estremoz, costs about $15 per double per night. *Pousada do Castelo*, in the walled town of Obidos, is a 16th-century palace with courtyard views, at $10 for a double. Pousada Dos Loios, a 1485 monastery with superb views of Evora. Doubles start at $12; the "cells" are hardly that, with antique furnishings, palatial views. Portuguese Tourist and Information Office, 548 Fifth Ave., New York, N.Y. 10036.

* * *

Departure points



Obidos, Medieval fortress city in Portugal

Portuguese high points

Dinner upstairs at Abuias de Ouro, Estremoz on the town square * * * * Palace of the Dukes of Braganca in immaculate Vila Vicosa * * * * Shopping in colorful Faro for handknit fisherman's sweaters, pottery, calfskin slippers.—PATRICIA BROOKS

JOHN MAY

"When I designed this apartment on New York's Central Park South, I made it seem like a place in the country. Nothing trendy. Just an easy, comfortable atmosphere. Good, clean-lined oak. A wall of books. It's just the kind of straightforward environment my client, Norman Cousins, thrives in. And that's my design philosophy—to make a person at home."

We at Century Furniture are very pleased that John May, A.S.I.D., chose a coffee table from our Candlewood group. If you would like to see more Century furniture, including our upholstery, send for our Century magazine. Enclose $3.00 with your name and address to: Century Furniture Co., P.O. Box 3427, Dept. H-4, Hickory, NC 28601.

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Living

Amazing grace





Barbara Pearlman demonstrates a waist and abdominal exercise

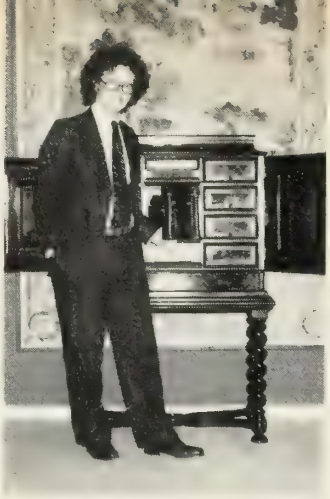


RICHARD ELLINGER

Health Exercise teacher Barbara Pearlman, who specializes in dance stretch and yoga techniques, has just written an illustrated workbook, *Barbara Pearlman's Dance Exercises* (Doubleday/Dolphin, $6.50). A frequent contributor to House & Garden, Mrs. Pearlman visits clients in their homes and offices as well as running a studio, so she knows most of the problems people have about getting down to exercise—and the amazing results a successful program can achieve. "My book offers an 8-week program" she says, "and it's progressive, which means it gets more difficult as you go on. If you do the exercises properly, you will feel different after two days—and notice visible differences after the 8 weeks." About the esthetic element in exercise: "A woman who feels graceful when she exercises resents it less."

Antiques magnifiques

One of the newest and most elegant places to shop for antiques is the town house in New York that once belonged to dress designer Marcel Rochas. The 4-story 1930 house is now almost a miniature museum filled with treasures from Europe, brought to America by Didier Aaron, a well-known antique dealer and interior designer in Paris. He hopes to encourage more Americans to invest in carefully chosen furniture. A walk through his gallery is a lesson in history: "This screen is one of four painted in silk in China toward the end of the 18th century." A French 17th-century black ebony cabinet, inlaid with tortoise shell, $12,000. To help you choose, M. Aaron's son Hervé, is at your elbow. "I'm at home in all centuries." Didier Aaron, 32 East 67th St., New York, N.Y. 10021.



JADE ALBERT

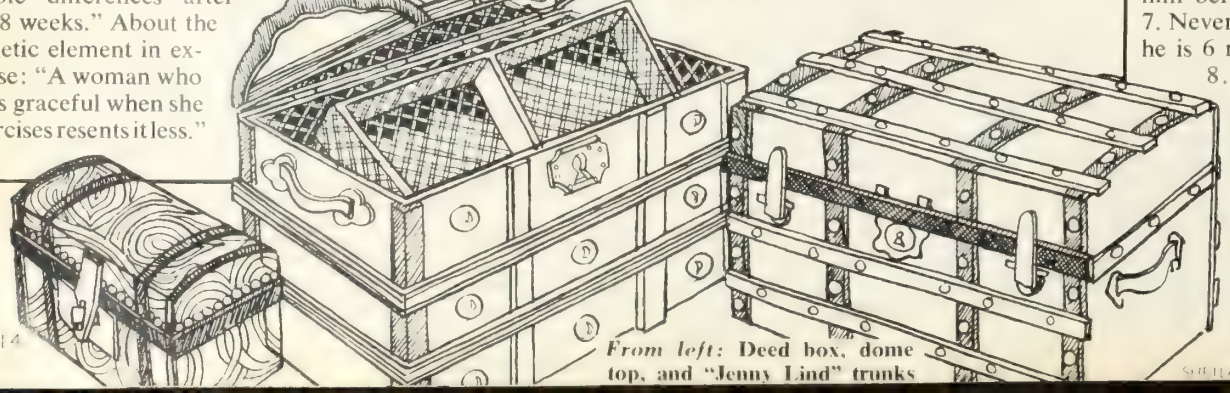
Hervé Aaron shows treasures

Getting an earful

One of the casualties of our super-paced lives is precious time to read. Well, some are more disciplined than others and seem to find time no matter what. But, for the rest . . . here's help. There are now 90 book titles on cassettes that you can plug into your car tape deck, have by your bedside, or anywhere else you have a cassette recorder. Some of the books are classics, some of them are on the Best Seller list right now. Some stories may run as many as ten cassettes or as few as five, each running about an hour to an hour-and-a-half. What's available? Leon Uris's *Trinity*, George Plimpton's *Paper Lion*, and James Thurber's *The Years with Ross* are some of the new ones. What a way to turn a traffic jam to your advantage. Write Books on Tape, Box 71405, Atlantic Richfield Sta., Los Angeles, Calif. 90071 for a complete catalogue.

New lines on trunks

Old trunks are news, and restoring one may be easier than you think. Some tips from experienced restorer Dean Cherrington of Scotch Plains, N.J., whose trunks are shown here: When leather or canvas coverings are badly torn, take them off. Underneath you will find a wood that can be sanded, stained, and finished to an attractive, warm surface. If the covering is metal, polish and paint to suit your taste. If handles are missing, they can be purchased from luggage suppliers or made to order by a leather shop. Or you can buy leather at a handcraft store or shoe-mender, and cut your own. When hinges need replacement, buy iron or brass hardware and attach with wood screws—serviceable and appropriately rugged for trunks. Don't try to hide every blemish or mousehole—they give the trunk character. However faded, keep original prints on interior lid. They add value to the restored trunk.



From left: **Deed box, dome top, and "Jenny Lind" trunks**

SHEILA AMERA

Puppy love

One in four Americ own a cat or a dog the figures are rising, the ASPCA. Americans love their pets and care them well. If you're think of getting a new pet, here some helpful hints on hov handle a puppy from ve inarian Norman H. Johns author of *The Compl Puppy & Dog Book,* (A neum, $14.95):

1. Most important, be c passionate, loving, and fi When you first bring the home, place something wa such as a hot-water bottl his bed to simulate moth A clock might also help.
2. Avoid unnecessary exc ment for him. His nerv system is very delicate.
3. Avoid handling the p too much, and if you do is much better to put hand firmly under the pu chest, the other under hind-quarters, and lift



The poodle—"even-temper affectionate, playful, and o dient," says Dr. Johnson

evenly."

4. Not until the pup is 2 months old will a soft p of his skull come together the top. *Avoid any rou treatment,* not only becau of this, but his bones, t dons, and muscles are al very delicate.
5. Be sure the pup is wean by 6 weeks.
6. Do not try to housebre him before weaning.
7. Never bathe a puppy un he is 6 months old.
8. Keep him aw from drafts.
9. Don't take t puppy out in co weather.
10. Do not give hi any bones until of his teeth ha developed.

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■ QUESTIONS & ANSWERS

ANTIQUES



BY LOUISE ADE BOGER

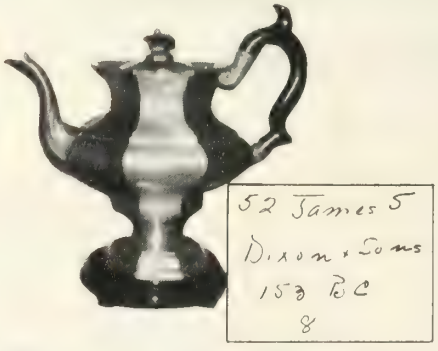
Eastlake-style stand



I would appreciate anything you could tell me about the background and style of my old hall tree. D.R.—Omaha, Nebr.

Your hall stand is in the Eastlake style, which enjoyed wide popularity in our country in the 1880s. Its rectangular or straight-line construction is in the classical tradition and is typical of the style.

Eight square teapot



What can you tell me about my old teapot? I am enclosing a photograph and have copied the markings that are on it. D.B.M.—Rancho Santa Fe, Calif.

The well-known and still-existing English Victorian makers of silver, plated-silver, and Britannia wares, James Dixon & Sons, made your octagonal, inverted pear-shaped, Britannia teapot about the mid-19th century. Silver teapots, octagonal in plan, enjoyed wide popularity both in England and America in the early 18th century, as the faceted form was notably suitable to the material. An advertisement for a lottery in *The American Weekly Mercury*, March 23, 1727, mentions as part of the highest prize, an "Eight Square Tea-Pot."

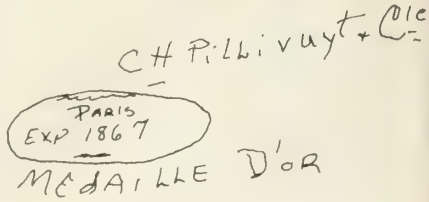
Washington plate



My plate has "Wright Tyndale and Van Roden" on it. Can you identify it and tell me who did the painting of Washington? P.W.C.—Fort Worth, Tex.

Your blue and white transfer-printed portrait plate was copied from a painting of George Washington by the famous American artist Gilbert Stuart (1755-1828), who was one of the greatest portrait painters of his time. The original painting is in the Boston Athenaeum. The plate was made at an English Staffordshire pottery in the early 20th century for Wright Tyndale and Van Roden, a fashionable Philadelphia retail store.

Pillivuyt pottery



From the mark which I've sketched, can you identify the maker of my pitcher and tell me something about its background? J.L.N.—Oklahoma City, Okla.

Pillivuyt is the name of a French family of 19th- and 20th-century potters and manufacturers. Pillivuyt & Cie. was started at Foëcy about 1800, and later was at Mehun-sur-Yèvre and Paris. According to your mark, Pillivuyt was awarded a gold medal (*medaille d'or*) at the Paris Exposition of 1867.

Continued on page 24



Heritage furniture: craftsmanship in the grand tradition.

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In our agitated age of instant-this and imitation-that, we at Heritage proudly acclaim a greater goal. The creation of fine furniture in the grand tradition of master craftsmen.

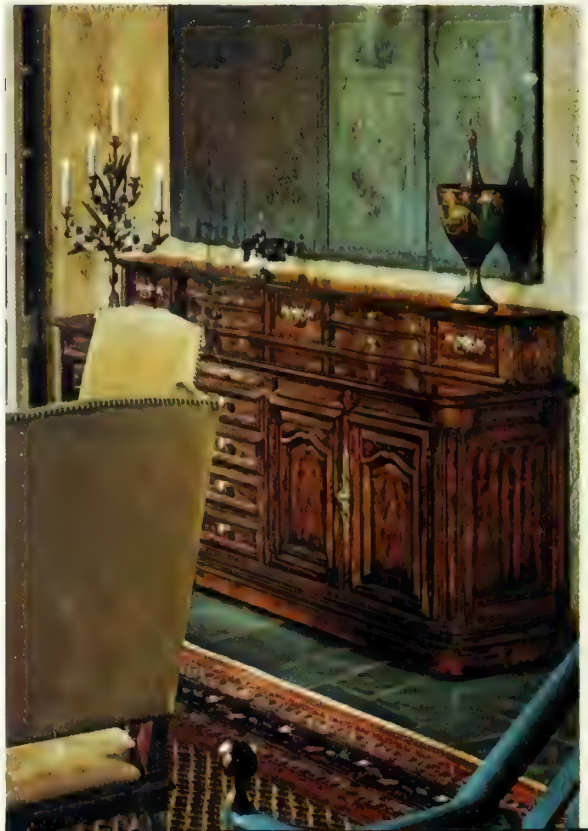
Thus we hand select veneers for tables and cabinets, so their grains flow in patterned harmony. We sand them again and again as prelude to a painstaking finishing process that involves up to 35 steps.

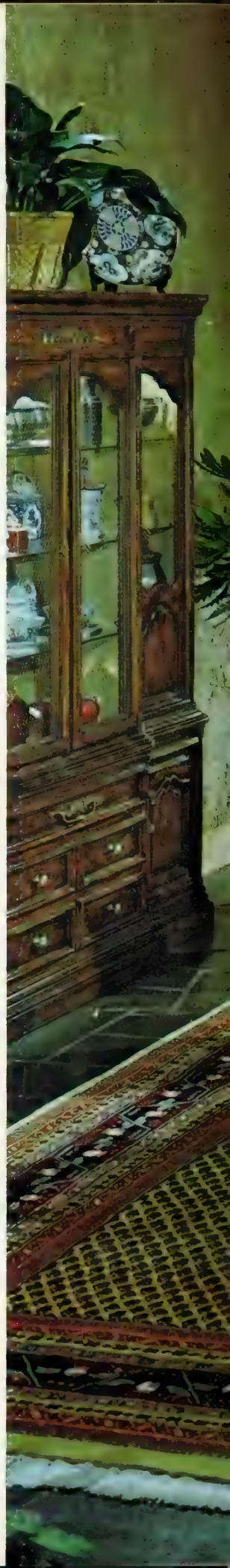
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Inside Page: From the Brittany™ Collection of Dining Room, Bedroom and Occasional Furniture

Back Page: From the Grand Tour III™ Collection of Dining Room, Bedroom and Occasional





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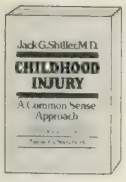


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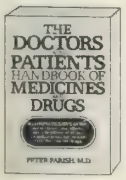
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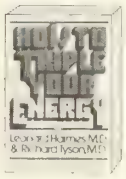
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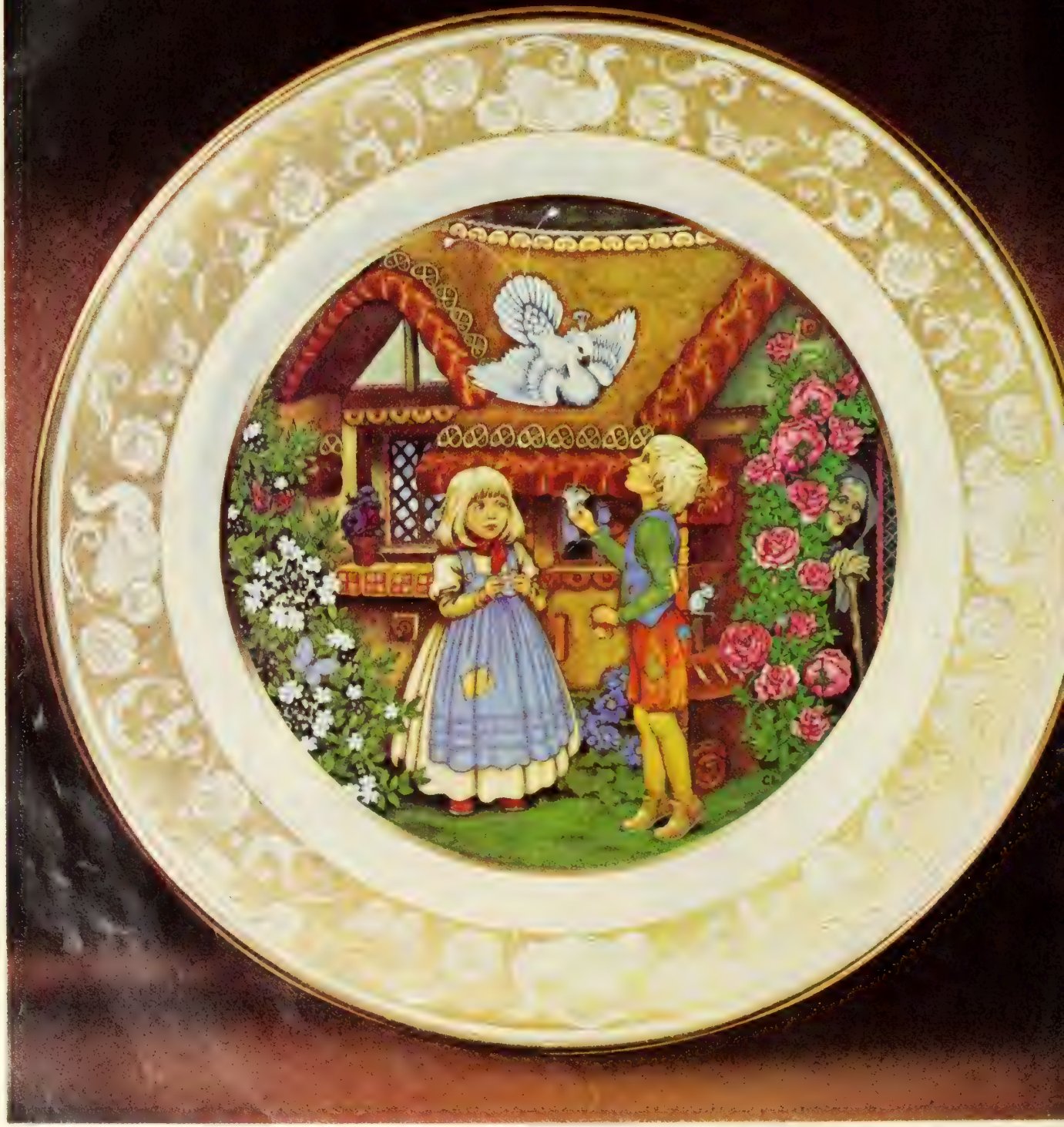
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The Grimm's Fairy Tales

PORCELAIN PLATE COLLECTION



HANSEL AND GRETEL

Plate shown smaller than actual 8½" size

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ng life's most cherished memories are meless tales recorded for posterity over years ago, in the legendary forests of ıany, by the Brothers Grimm. Enchant- ales that enthralled us in childhood ıined shining memories as we grew . :ontinue to enrich our lives as we share ı today with our own children and dchildren

An unprecedented official tribute

, *The Brothers Grimm Society*—of Kas- ermany–is pleased to announce an un- :dented official tribute to the literary :y of the Brothers Grimm: a limited on of twelve exquisite collector's plates, rbly handcrafted in the beauty of fine *ırian porcelain*

Twelve original works of art

ll, The Grimm's Fairy Tales Porcelain : Collection will bear twelve gloriously ıtiful, *original works of art*—portraying es from the twelve most *beloved* tales ıe Brothers Grimm.

ıe twelve paintings that will adorn the :s have been executed by the eminent emporary European artist Carol Law- —whose ebullient, lyrical style and l sense of color are virtually unmatched :r field.

ıch of these original paintings has been ted by Miss Lawson *exclusively and essly* for this collection. None has ever ı seen before, and none will ever be :d again in any form.

and-decorated in pure 24 karat gold

eover, Miss Lawson has also designed avishly beautiful circular border which



RAPUNZEL



BREMEN TOWN MUSICIANS

frames each painting—and which will be applied by hand to every plate in *pure 24 karat gold*.

By authorization of The Brothers Grimm Society, these exquisite porcelain plates will be made available to collectors by Franklin Porcelain, a division of the world-renowned Franklin Mint

A strictly limited edition

The Grimm's Fairy Tales Porcelain Plate Collection will be issued in strictly limited edition—with a firm limit of one set per subscriber. And the total number of sets that comprise the issue will forever equal the exact number of subscriptions entered by the closing date of February 28, 1978

To ensure the absolute integrity of the edition, the Society has authorized the entry of subscriptions *only by direct application to Franklin Porcelain*. The plates will not be made available through even the most ex clusive shops or dealers. Indeed, any dealer who later wishes to obtain the plates may hope to do so only by purchasing them from an original collector—at a privately negotiated price

A beautiful heirloom collection

As the only official collection of its kind ever issued, The Grimm's Fairy Tales Porcelain Plate Collection is likely to be eagerly sought by discerning collectors the world over. It is hoped, however, that subscribers will regard these plates not only as collector's items, but as a source of rich and enduring *pleasure*. The incomparable pleasure to be derived from owning and displaying exquisitely beautiful art . . . crafted by hand and issued in limited edition . . . created in magnificent Bavarian porcelain . . . and commemorating literary treasures whose magic will live forever in the hearts of young and old alike.

A convenient subscription plan

An attractive subscription plan has been arranged whereby collectors may acquire and pay for their sets at the convenient rate of one plate a month. Moreover, the issue price of $42 per plate will include a Certificate of Authenticity and special *display stands* for all twelve plates in this outstanding collection.

Subscription deadline: February 28, 1978

This official collection of fine porcelain plates honoring the Tales of the Brothers Grimm is available only for a limited period of time. All subscription applications *must* be postmarked by the deadline date of February 28, 1978. And this collection will never be offered again anywhere in the world

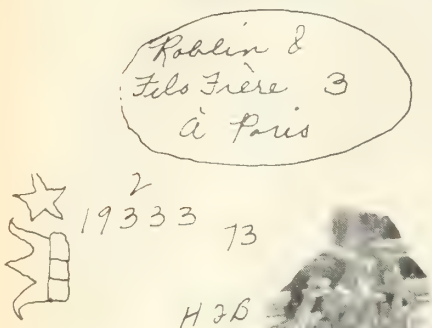
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continued from page 16

French clock



From the mark and photograph, can you identify the maker of my clock and give me some idea of how old it is? I would also like any information you may have about the style of the clock.

J.M.W.—Milwaukee, Wis.

The French clockmakers Roblin & Sons, active at Paris about 1860-1890, made your bronze doré mantel clock with a 15-day movement about 1870. The French Louis XIV and Louis XV styles clock.

Durand glass vase



Is my blue and gold iridescent glass vase an example of Victor Durand Art Glass? It isn't signed, but I understand some is not signed. K.R.— East Hampton, N.Y.

Yes, your vase was made at the Durand Glass Works located at Vineland, N.J. In the mid-1920s, which is perhaps about the time your vase was made, the plant became nationally known as one of the best in art glass manufacture.

Japanese ceramic mark



I know from the mark that my dishes are Noritake. Can you tell me more about this company? N.T.—Berrien Springs, Mich.

Noritake is probably the most important industrial ceramic manufactory in Japan at present. It was established at Nagoya in 1904, and for the most part produces porcelain tableware for the export market. Your dishes probably date between 1921-1940.



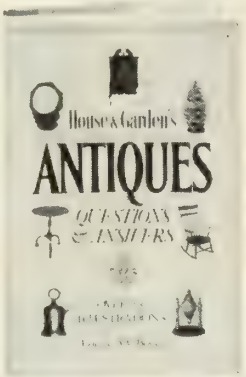
Savonarola chair



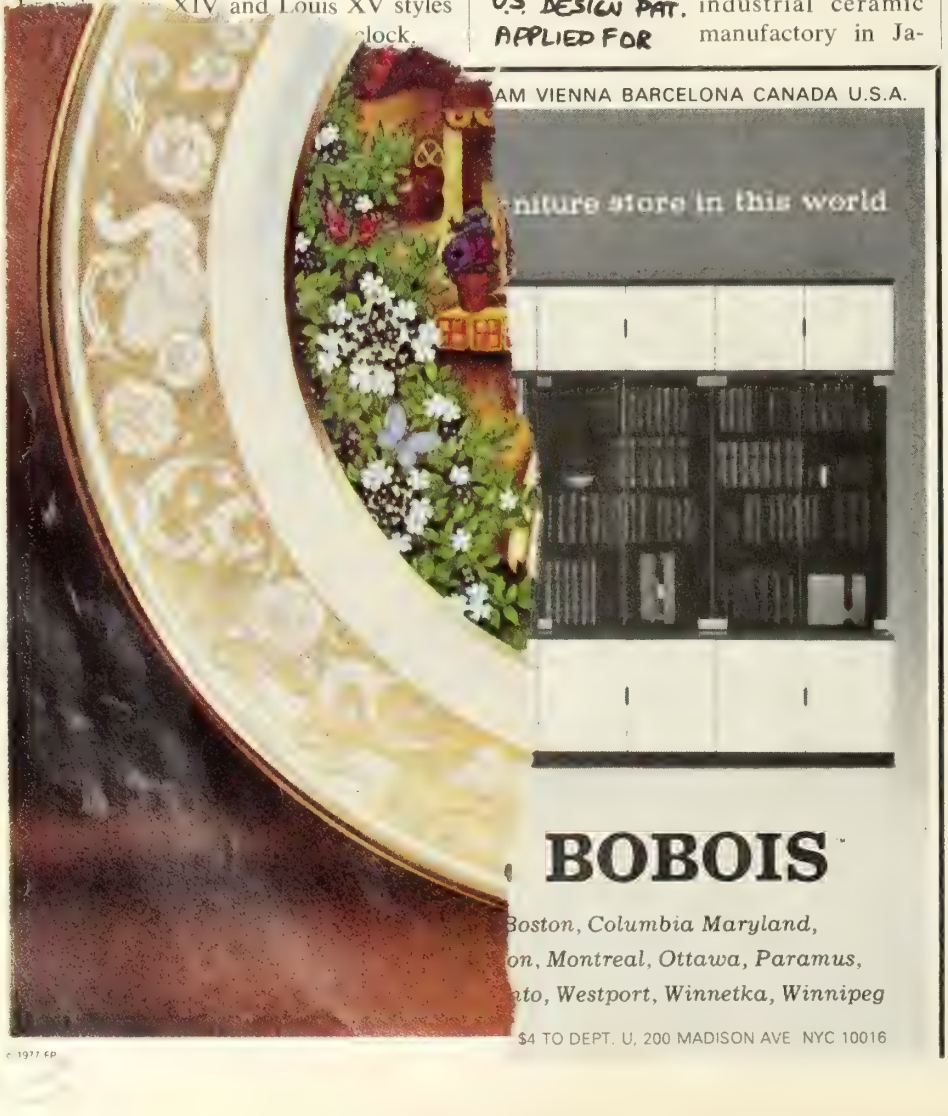
I know my chair is a Savonarola, but that's all I know about it. Can you give me some idea what this means? R.B.— Santa Monica, Calif.

The Savonarola is a distinctive variety of 16th-century Italian Renaissance folding wood chair of X form, comprising about 7 serpentine X-shaped staves on each side. The lower staves are secured with runner feet and the upper by straight arms to which is joined the arched back rail. The slatted narrow seat is placed slightly above the intersection of the staves, and a loose cushion is generally placed on it. Your Savonarola is a copy of European, perhaps Italian, manufacture, and is probably less than 100 years old.

Antiqueries



Copies of Louise Ade Boger's boo *House & Garden's Antiques: Questio & Answers*, which contains more th 900 fascinating items chosen from pa columns, all conveniently arranged category for easy reference, can be pu chased for $10.95 a copy, plus 45¢ cover the cost of postage and handlin To order a copy, please write to: Con Nast Books, Post Office Box 3308, Gra Central Station, New York, N.Y. 1001 enclosing your remittance and corre mailing address.



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We wouldn't swear the fortune teller in that Paris cafe knew a lifeline from a clothesline, but she did have unquestionable taste. She had ordered an 'extraordinaire' Smirnoff Bloody Mary. There was a lull in the conversation, and then she spoke.

Smirnoff
leaves you breathless



KEEP SMILING

NEW FACTS AND BASIC KNOW-HOW ABOUT THE CARE OF YOUR TEETH

From a distinguished family dentist, Dr. Robert M. Fischer/By Caroline Seebohm

TAN MALINOWSKI

■ EDITOR'S NOTE: Dr. Robert M. Fischer, B.A., D.D.S., has been in private practice in New York for nearly half a century. He is also a lecturer and author of numerous dental papers published in scientific and dental journals. Through his great experience in general practice over the years, he knows the main questions and problems that over and over again arise when people start to think about their teeth and how to keep them healthy. These 8 questions, answered by Dr. Fischer, may help you to understand them better.

Q. Will my teeth last my lifetime?

With proper dental care and supervision starting in childhood, they should certainly last a lifetime, with very few exceptions. The whole purpose of introducing dental care to a young child is to prevent dental disease or at least take care of it as early as possible, so the things that may later lead to tooth loss may be nipped in the bud.

Q. Why do people lose their teeth?

The two main reasons are dental caries, or tooth decay, and loss of bone surrounding the roots of the teeth, that bone being their basic retaining structure. Damage to the gums often results in bone loss, which means loosening and eventual loss of teeth. These things occur very gradually. With regular brushing and flossing, limited intake of sugar and other carbohydrate residue in the course of your daily routine, your teeth should not fall into that state of disrepair which results in their loss.

Q. Why is brushing so important?

Brushing maintains the circulation of blood in the gums. *Tooth*-brushing is really a misnomer. It should be done only at the gum line. If your toothbrush has six pairs of tufts in two rows, ideally the brush should be applied with one row of tufts on the gums and the other on the tooth—and then rotated, not scrubbed. Scrubbing, like the proverbial drop of water on the rock, eventually erodes the teeth, wears away the enamel, and contributes to gum recession. (Thus the expression, being "long in the tooth," which means the aging appearance caused by gum recession.)

Brushing first of all removes food particles wedged in the crevices, and with the same motion stimulates circulation of blood in the gums—which is what keeps gums healthy. If that circulation is not maintained the gums will become puffy, red, bleed easily, and lose their attachment to the tooth. I've sometimes told people they should leave completely alone the two-thirds of the tooth near the bit

Continued on page 32

TWO DISTINGUISHED DENTISTS TALK ABOUT SUGAR

1 IF YOU MUST EAT SWEETS, EAT ONE A DAY, PREFERABLY AT THE END OF A MEAL OR WITH LONG GAPS IN BETWEEN

It's the frequency, rather than the amount, of sugar contact in your mouth that causes the problems.

Dr. Ralph R. Lobene, Dean of the Forsyth School for Dental Hygienists, Forsyth Dental Center, Boston, Mass., explains why: "The bacteria in your mouth seems to be able very quickly to convert sucrose into energy for their own life cycles. At the same time, your pH curve (acid/alkali balance) goes down and the acid production in your mouth increases for about 30 minutes, to what's called the decalcifying range, which means the vital calcium and phosphates are leeched out of the enamel.

"If you take sugar into your mouth once a day, say, the bacteria receive this shot of sucrose, and your pH curve will bottom out somewhere in the first 30 minutes and then return to normal. (For some people, the cycle takes a little longer.) But if you suck continually on candy, caramels, or lozenges, or sip sweetened drinks all day, then the acid this produces remains in the dangerous decalcifying range, damaging the enamel." (That is why dentists often warn mothers who leave bottles of orange or sweetened liquids in their babies' mouths for a long time—the pH never gets a chance to get back to normal.)

2 IT'S AS IMPORTANT TO HAVE CLEAN TEETH BEFORE YOU EAT AS AFTERWARDS.

If your teeth have a clean surface, devoid of dental plaque, then the sugar you take in has nothing to interact with.

Dr. A. N. Nizel, Professor of Oral Health Services (Nutrition and Preventive Dentistry), Tufts University School of Dental Medicine, Boston, Mass., explains why:

"The goal is to avoid the interaction between the enzymes of the bacterial plaque and the fermentable sugars (pre-sweetened foods as well as dried fruits) you eat. So brush your teeth well in the morning, and floss well, to get rid of the plaque. Then as you go through the day, when you eat, try and rinse your mouth out well afterwards. And at night, brush well again.

"The reason to brush at night is because while you're asleep you don't have the salivary flow you have in the daytime—and saliva is a very important cleansing and protecting agent, by virtue of its acid buffering ability. (Another tip: To increase your salivary flow, use your jaw muscles wherever possible, for instance, talking or chewing. Eating firm, chewable foods rather than sticky, mushy ones, is healthful for the teeth.)"

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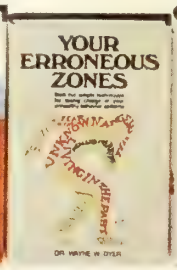


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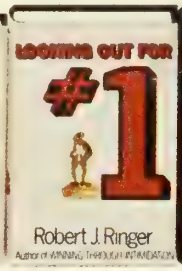
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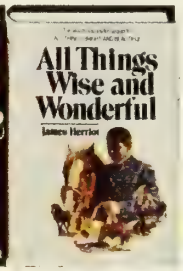
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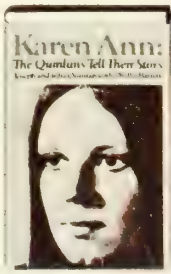
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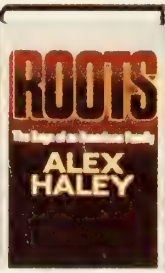
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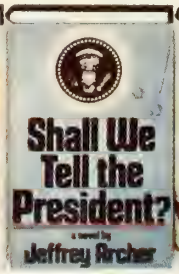
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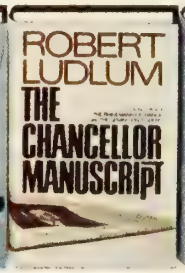
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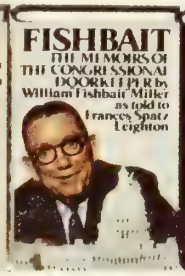
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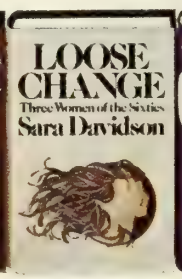
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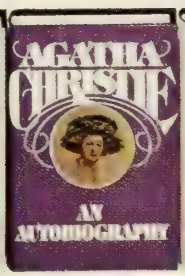
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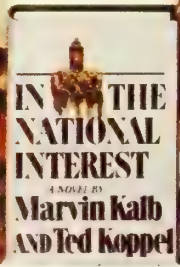

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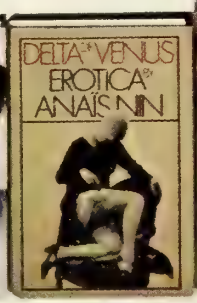
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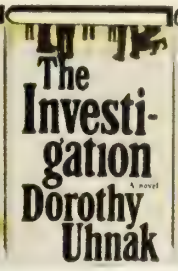
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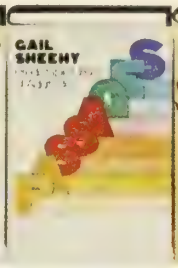




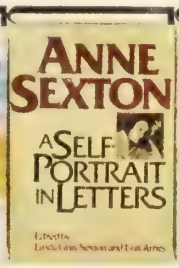
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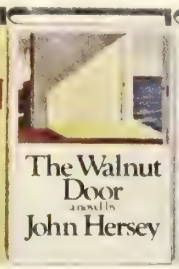
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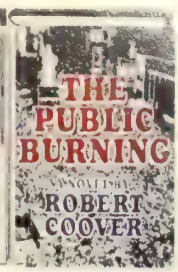
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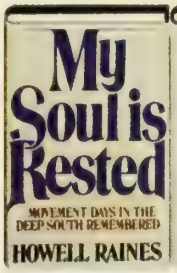
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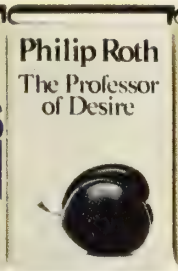
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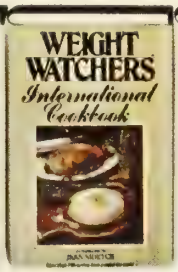
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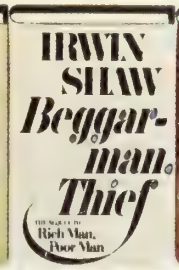
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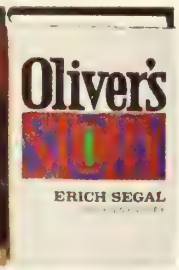
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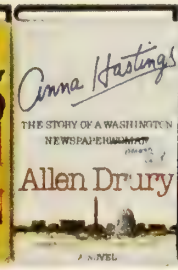
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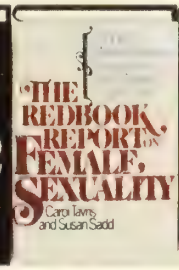
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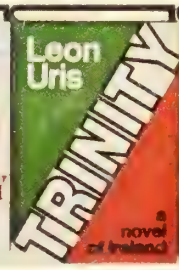
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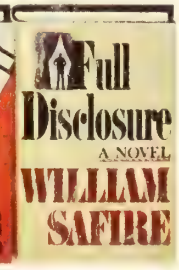
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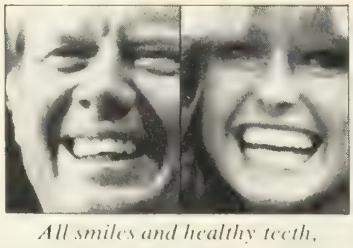
ing edge, or brush this area lightly. It's the gums that the brushing serves.

Of course brushing alone will not keep teeth healthy. The underlying jawbone support must be stimulated also, and exercise is the only way this can happen —exercise by chewing. (See Dr. Nizel's comment on page 26). People who eat a lot of raw food, which needs chewing, Eskimos and Mongolians, for instance, have very developed jaws. If there is no stimulus, you will experience loss of bone, and therefore loss of teeth.

Q. What is the controversy over fluoride about?

Adding 1 part per million of fluoride to public water supplies in regions where no fluoride already exists has been proved sufficient to reduce susceptibility to dental decay by about 55 percent. However, many people object to any additives being put in the water, and therefore oppose fluoride.

The American Dental Association and dentists everywhere believe that fluoride



All smiles and healthy teeth, Jimmy Carter, Farrah Fawcett-Majors

is the best weapon against tooth decay, particularly in children who have bad eating habits at home, such as consuming quantities of sugar. By this relatively inexpensive fluoridation program, the almost rampant decay that occurred in such children has been controlled, and half of their former decay susceptibility has been eliminated. Indeed some of us would like to see the proportion of fluoride increased, but because of fears of side effects, in no way scientifically proven, or even more than theoretical, public officials have decided against it. Based upon present-day knowledge, the worst consequences of increasing the fluoride content might be some slight irregularity in the smooth disposition of enamel during the early stages of tooth development. And there is *no* evidence of organic change in individuals who live in fluoride areas.

Q. Can nervous tension affect the teeth?

Very much. I have satisfied myself that the tension of a woman having problems in her marriage, of a child having difficulties in school, or of a man with business worries eventually begins to show in the teeth.

I believe there is some change in the acid balance of the saliva, which in turn causes increased fermentation and susceptibility to decay.

Q. Do fillings mean eventual loss of teeth?

Not normally. A filling is not only to stop a hole in the tooth caused by decay, but also to restore the anatomy of that tooth as nature designed it. Nature was very subtle in shaping and designing teeth. For example, two teeth adjoining one another have what we call a contact point, where they meet together. When you put floss through there, you find that it catches. Now if that contact point is either too tight, because a filling has been jammed in, or too loose, so there is no contact at all, then food will get wedged in that area, with obvious results —discomfort, irritation to gum, which in turn can affect the supporting jaw bone, and a potential situation for recurrence of decay. That is why we fill teeth—and a tooth can have various fillings, even t the extent of removing the remainir enamel and restoring the lost tooth stru ture with a full crown. A tooth thu treated can last a lifetime.

Q. Does a bridge save teeth?

A bridge is the first and most importa step in the prevention of total loss c teeth. When a tooth has been lost, fo whatever reason, a bridge should repla that tooth as soon as possible, say, 6- weeks after the loss, before the adjoinir teeth start to drift, or the correspondir tooth opposite starts to grow out of th gum because it has no opponent. When bridge is made, it should be made exact to reproduce the shape and size of th missing tooth, and it should be perm nent, that is, not removable. If that done when just one tooth is missing, th whole contour of the mouth is thereb preserved. Loss of one tooth, no matt where (except possibly wisdom teet which grow at the end of a row) ca upset the entire masticatory arrangemer of the mouth and could result in ever tual loss of all or many of the other teet It would take some time, but it cou happen.

WHEN SHOULD WE START GOING TO THE DENTIST?

As early as possible. For psychological reasons, I've always recommended that a parent bring the child along when the grown-up is having some simple work done (like teeth-cleaning, which should be done on a regular basis, say every 4-6 months). Let the child come along for the purpose of conditioning. The psychological problem of dentistry for children is extremely important. My patients have told me that introducing a child early to the dental office has been very beneficial in this respect.

The psychological factors are (1) sight: the appearance of the doctor and nurse in white uniforms, and the array of instruments, is scary at first; (2) movement: the action of the doctor taking instruments to the patient's mouth, and so forth, can often be frightening; and (3) odors: the sense of smell is usually forgotten, yet for a young child, the smells in a dentist's office can be very alarming. If the child goes in with his mother and watches from the sidelines, he or she will begin to get used to what is happening—a great advantage later.

The child's first appointment with the dentist could be any time between the age of 2½ and 5. Of course, a child should begin brushing earlier—as soon as an infant shows the slightest evidence of finger control, and can hold a spoon, he or she should be taught to hold a toothbrush. In fact, when most of the first set of teeth have appeared, a small soft brush should be introduced into the mouth twice daily, if only as a means of teaching the child that the care of those small white objects is as important as washing the face and hands and brushing the hair. Thus the first and probably most important step in tooth care will have commenced.

Beauty and health products new this month in the stores

Almost every skin-conditioning an treatment program is based on separa sets of products for dry and oily ski Cosmetic chemist Lyn Beck has deve oped one set that serves both skin type She is reintroducing rice oil as the ke ingredient in a cleanser, freshener, moi turizer, eye balm, night cream, and whole group of subtly colored makeup based on recipes from the Orient. Th group is called **Tao** (pronounced Dow It seems that rice kernel oil contains th same five amino-fat acids as skin and th effect is to balance out what is lacking i each individual case. The treatments ar thorough and quick to use, requiring minimum of water, and the makeup continue the effectiveness of the trea ments. Cleanser and freshener start a $8.50, the night cream is $18.50. Th group is at Bloomingdale's or write Ly Beck for a price list at 44 East 64t Street, New York, N.Y. 10021.

There are four delightful-smellin shampoos that are new from *Helen Curtis*. They're **Suave Cologne Shampoo** and the scents are very light but notice able. Try Sporty Fresh. Soft Romantic Sensual Earthy, or Musk for Men. Th shampoos are all pH corrected to main tain the natural acid balance of you hair and they come in hefty 16-ounc plastic bottles for $1.49 each. They'll b

Continued on page 3

YOU CAN'T DO EVERYTHING YOUR HAIRSTYLIST DOES BUT YOU CAN USE HIS SHAMPOO.



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If you have oily hair that's hard to keep clean, your stylist will recommend Jellasheen.® It's a deep cleansing concentrate scientifically compounded with milk amino acids. Its lively lather helps keep hair clean yet it's gentle on haircoloring.

Amino Pon Concentrate. Essture. Jellasheen. There's one that's right for you. And your stylist will know. That's why you'll only find Redken in the hands of professionals. When you've got products this good, you want to make sure that people use them correctly.

If you don't already know a salon that uses and sells Redken, check your Yellow Pages Telephone Directory. Then take a little of the salon home with you. Use the shampoo your stylist uses. Because nobody knows your hair and what's right for it like he does.



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L'ORÉAL NAIL CARE

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New beauty products

continued from page 32

in drugstores and supermarkets.

If you have any doubts about health of your hair, and the health your hair is an important sign of y general health, just clip a lock of it send it on to Gil Ferrer for **a free an sis.** Enclose a brief history of any re hair treatments, medical or cosmeto ical, and the experts at *Ferrer* will ad you about how they think you sh proceed. Write Gil Ferrer Salon, 21 74th Street, New York, N.Y. 10021

Your scalp replaces its cells in m the same way as your skin: a cons process of gentle sloughing off of the and the slow growth of the new. So times the process that speeds up sloughing becomes obvious and ann ing. *Redken Laboratories* has crea **Solve Anti-Dandruff Shampoo** w contains zinc pyrithione in an acid- anced formula. Many people find druff shampoos harsh. This one is signed not to strip the hair's other ne sary oils that keep its sheen and lu $3.50 for a 4-ounce bottle at hair sa and barbershops throughout the cou

If you've been uncertain about wh perm would do to your hair because baby-fine, colored, naturally frizzy whatever, here's help. There are three **Extra Body Perms** you can us home that will give you the waves, c or just plain body you're after. *L'Or* "Extra Body Perm for Normal Ha "For Color Treated Hair," or "Har Wave Hair" are all loaded with prot and conditioners, free of scalp-dr alcohol. $2.95 each at drugstores.

Try this for cold feet: a pair of silv aluminized shields to slip inside y street shoes or boots. There are four ers of insulating materials in the pliant shields and that silvery finish flects your own natural warmth b onto your feet. **Therma Cushion Ins** are by *Dr. Scholl* in women's sizes 5 t and men's sizes 7 to 12, at $1.98 a p At drugstores, shoe stores, and dep ment stores. PAULA RICE JACK

Astrological guide to your fragrance



The Sign: **Aquarius**
(circa January 20—
February 18)
Element: **Air**

Aquarians are helpful, impartial, unconventional. Companionship friends are usually a primary inte They are gracious, hospitable, and to produce a party to feed a gatherin friends at a moment's notice. The phrase is "I know." To stimulate the ventive Aquarius mentality, try on brilliant reflections of **Havoc** by M Quant, the witty **Ô de Lancôme,** or most glamorous of the "green" grances, **Vent Vert** by Balmain. For deliberate, not easily ruffled Aqua male there is **eau de Vétiver** from ven. MARIA REA

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THE NEW PORCH ROOM

Tips and tactics for converting open-air space into indoor space

BY JIM MORGAN



Glassed-in porch for year-round living

The "sunporch" is an energy-efficient house addition whose time may well have come again. A room with totally glass walls, the sunporch works well, it is important to remember, only when its main elevation faces the quadrant from southeast to southwest. The best ones also have a concrete floor, which soaks up the sun's rays during midday, releasing that energy slowly over the next few hours to help keep the room warm after the sun has gone.

While it's intriguing to think that an enclosed, live-in porch (like the ones shown pages 90 to 95) might supply its own heating needs through the use of solar energy techniques, be prepared to budget for additional heating when you do your conversion. Only if you live in the southernmost parts of the United States is supplemental heating likely to be unnecessary.

Turning an attached covered porch into a year-round living space may be easier than you imagined. Naturally, before you start any new construction, it is wise to be certain that the floor and floor components are sound and tight. As in every building, solid and water-resistant underpinnings for the porch are crucial to the long-term stability of the added space. Since most porches have a wood base, the first thing is to check underneath for rot and termites. Rot can easily be spotted in floor joists that crumble to the touch or into which a penknife sinks readily. Termites are betrayed by clay tubes, half-an-inch or less in diameter, which climb up the foundation wall to the nearest wood. From then on, termites travel inside. If either condition is found, the boards affected must be replaced. Use new lumber treated to resist decay. It's a good practice to install a simple sheet-metal termite shield at the same time.

If you live in a climate where temperatures drop to freezing every winter, it may also be wise to install a continuous masonry foundation wall around the porch's perimeter. A few small screened openings will be sufficient to control dampness. Since most wooden porches are built with a 2- or 3-inch slope away from the house to drain rainwater, you may wish to jack up the outer edge when the foundation is laid. That will avoid an awkward tilt when the dining table replaces the porch swing.

5 PRACTICAL THINGS TO REMEMBER WHEN YOU'RE MAKING OVER A PORCH

1. Keep the glass behind the present decorative columns and porch railings. You gain relatively little floor space by removing them and integrating the new roof supports into the glass wall. These wooden elements were originally added to give scale and interest to the house as an architectural composition, and you may regret their absence when they are gone. Besides, they help to convey the porchlike feeling that you no doubt want to retain.

2. Be sure to provide some solid areas of wall to back up large pieces of furniture, shelving, or pictures you may wish to display. It is important that the porch have a sense of enclosure, especially in bad weather. A room that is too open can seem uncomfortable even though the interior air temperature is physiologically sufficient.

3. Even though you make the transition between the interior floor and the new one free of interruption, do not remove the doors that formerly kept out the rain and cold. You may need to close off the porch during very frigid weather, and the old doors will come in handy for that.

4. Provide some kind of protection against short-term extremes of temperature and light—too much heat from the sun or glare from new-fallen snow. On the inside, curtains or blinds are useful and can add acoustical softness to a space which may have too many hard surfaces anyway. On the exterior, awnings, sliding barn panels, and "sunbreakers," as they are known to architects—adjustable horizontal boards that tilt in unison—are ways to add architectural distinction to your house.

5. Finally, be sure that every crack is either weatherstripped (if it is a door or operable window) or caulked with a good quality elastomeric silicone sealant. An amazing amount of heat can be lost that way and drafts are annoying. Check once or twice a year to be sure that no new cracks have opened or that caulking has fallen out.

Good groundwork

The masonry foundation should begin about 3 feet below the ground level and should have an inch of polyurethane foam sheet insulation or equivalent on the inside of the new wall from the footer up to the underside of the floor.

If you decide instead to retain the original masonry or wood posts supporting the porch, be sure to place a minimum of 3 inches of fiberglass or mineral wool insulation in the joists supporting the floor boards.

Where the porch has a concrete slab on grade and you want a warm, dry, and resilient floor, put an inch of foam insulation between sleepers (horizontal wood strips nailed 16 inches on center to the slab). Then nail a subfloor of plywood or composition board to the sleepers and it is ready to receive carpet or resilient tile.

Because of the ¼-inch-wide cracks generally left between boards to encourage air circulation, most wood-floor porches will also require a layer of underlayment material. When this material is being applied, it is a good idea to shim it up at the doors into the house, so that the new floor will be level with the interior. You may even wish to remove the old doorsills so that the transition will be completely smooth.

Heating and cooling

In most houses, it is not a problem to add another room to the existing heating and cooling system. If you have a circulating air system, bring the new duct into the space under the porch floor. Place a series of supply grilles so that a layer of air will be spread across the glass surface you plan to install. Even though the underfloor space will be insulated, it is worthwhile to wrap the heating ducts themselves with insulation.

Continued on page 38


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For houses with hot-water systems, a run of copper piping can easily be placed between the sleepers if the porch has a concrete floor (see page 90), or on top of the open wooden floor with a new floor laid above. In the latter case, foil-faced insulation batts should be provided immediately below to reflect the radiant heat upward into the new room. Hot-water baseboard units are also a good idea.

In some cases it will be necessary to use an auxiliary heating system in the enclosed porch, especially if it will not be used constantly. Choose the heating method based on fuel cost and future availability. When electricity is inexpensive, as in parts of the Northwest or in areas served by TVA, for example, thermostatically controlled baseboard units or floor-mounted grilles with resistance elements are excellent. For a large porch, a gas-fired, fan-driven unit may be necessary. It is also possible that a properly vented, wood-burning stove could be a good solution.

Overhead tactics

Porch roofs, perhaps even more than underpinnings, need careful inspection—for leaks, cumulative water damage, roofing gaps, and other problems. Such difficulties are often easy to ignore when a porch is open to the weather. But they can cause expensive damage to furnishings when the space has been enclosed.

Adequate insulation, of course, is especially important in the roof. Six-inch batts of insulation stapled between the rafters will probably be the easiest way to do the job. But if a new weather surface—shingles or roll roofing—seems necessary, perhaps you can have it done just as inexpensively over a 2-inch layer of polyurethane foam laid on top of the roof deck. A porch with a ceiling is naturally a good candidate for insulation blown into place. In any case, the soundness and good repair of the roof is not to be taken for granted.

While you are considering the roof space, it is a good time to think about the wiring for special lighting in the new room. Hi-hats, wall-washers, cove lighting, not to mention dimmers, three-way switches, and adjustable track systems, all offer options to transform the old porch. Or, alternatively, you may wish to install old-fashioned ceiling fans or hanging light fixtures. But don't wait until construction is complete and it's too late to choose the fixtures you want.

The porch ceiling itself, as the example on page 94 emphasizes, can be a strong, even playful, design element. In this case, dark green paint matching the canvas blinds contrasts with white-painted rafters. But it is not difficult to alter the appearance of the ceiling by using mirrored tiles, billowy fabric (page 92),



WILLIAM P. STEELE

Porch converted to game-room plus

or beams every 4 to 6 feet, which replace the original ceiling. They can even accommodate lighting which reflects off a new surface above, attached directly to the sloping rafters.

Close to nature

If the porch is to retain its original relationship to the outdoors, then the walls must be easily opened on warm days and in any weather; it must be possible to look out through large windows at the nearby landscape. Access to sun, rain, snow, and shadows is what makes the enclosed porch so appealing.

It is best, of course, if the porch faces south, or at least away from prevailing winter winds. But if that is not the case, well-engineered and relatively inexpensive sliding glass walls can be installed to minimize drafts. Wood frames are somewhat more comfortable to the touch than metal, but up-to-date versions of steel and aluminum window walls now have thermal barriers to alleviate the problem.

Double-glazing is a necessity if the winter temperatures in your area reach freezing. It not only reduces heat loss but avoids the continual condensation on the glass, which obscures the view. It is often true that storm windows that can be removed in the spring are cheaper than factory-made double-glazing. But a price is paid for the inconvenience of storing and maintaining them. As an alternative to storm windows, consider transparent acrylic plastic glazing. It is shatterproof and lighter than glass, making the trip to the storage rack in the basement safer and easier. It does scratch, however, and near a beach can be marred by windblown sand. All openings, of course, will require insect screening in most locales.

Your nearby lumberyard or home improvement center has names of contractors who will be happy to give you an estimate on how much it will cost to make the most of your porch. Ask the contractors for the names of people for whom they have already done such conversions and go and see them. Find out how well the job went. Also ask what they would change if they could do it over—you may learn from their experience lessons you'd rather not have to learn for yourself. ■

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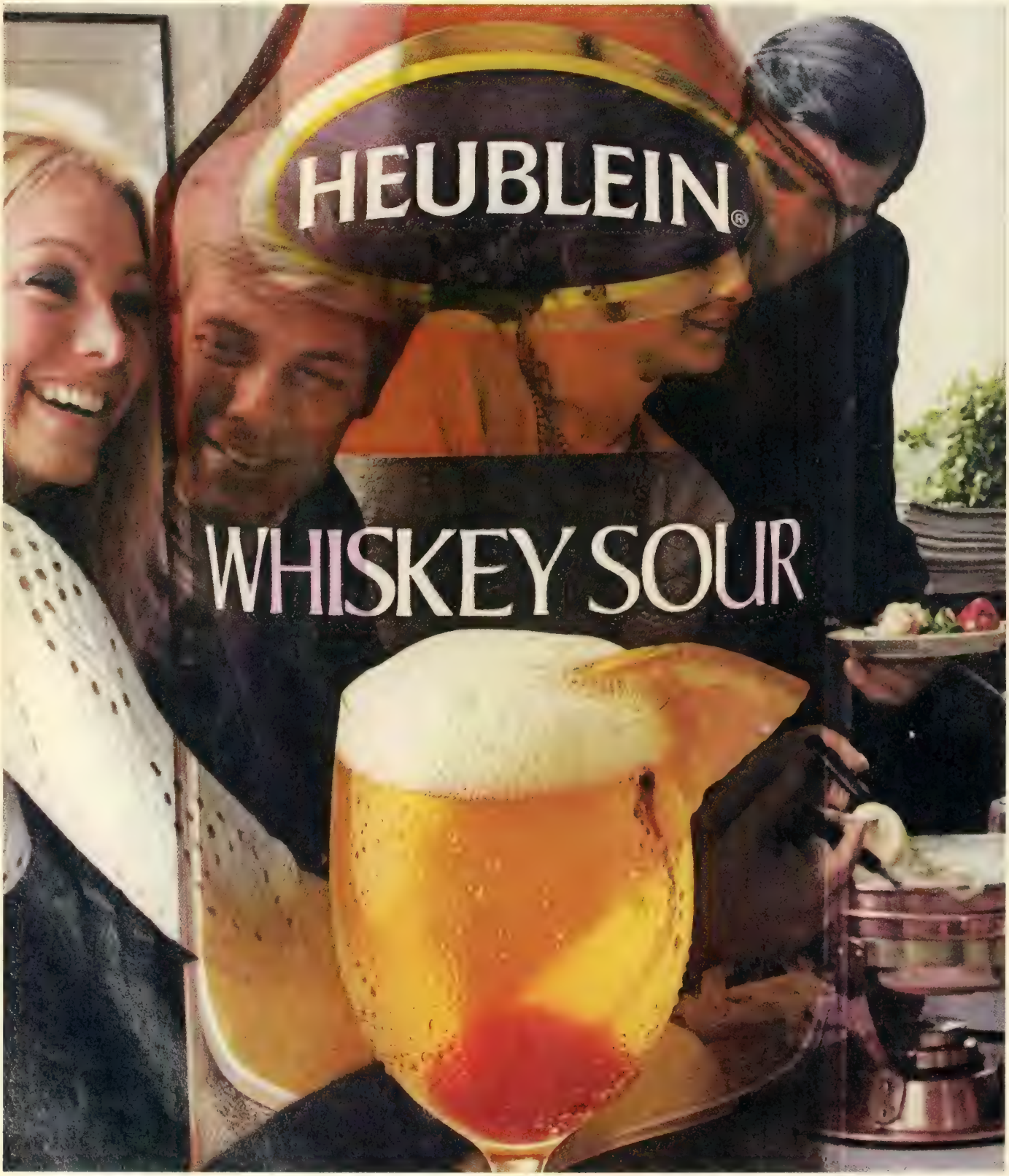
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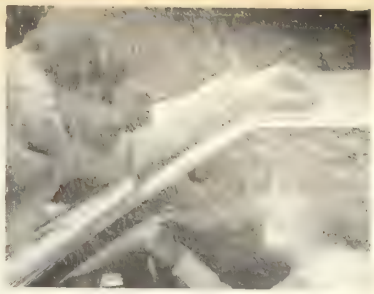


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PICKING YOUR PICKUP

Up-to-date guide to the versatile vehicle that can be a sensible second car



BY RICHARD AND JEAN TAYLOR

en years ago, farmers were the only eople who drove pickup trucks. And ith good reason. Pickups were slow, wkward to drive, uncomfortable to sit ı, and almost unbearably noisy. But to-ay, pickups have changed, and as a re-ılt, they account for 2½ million of the 0 million passenger vehicles on the oad. Power accessories, bucket seats, arpet, and softly sprung suspensions ave turned the pickup into another ind of station wagon. Virtually any-ning you can order on a family car can e ordered on a pickup, from power-oor locks, cruise control, and tinted lass to AM/FM radio and 8-track cas-ette player. Easily the most popular



RICHARD TAYLOR

Left: Pickup comes in handy for moving furniture. This one is a "King Cab" with extra space behind the front seat. By Datsun.

pickup accessory, of course, is the fiber-glass or aluminum cover or "cap" for the rear. This turns the cargo section into a passenger carrying compartment. Many families with children buy a pick-up with a cover, in preference to a nor-mal station wagon. Then they equip the rear space with comfortable pillows, rugs, and camping gear. With the cover off, a quick, easy change involving four bolts, the truck is open to the sky and ready for heavy-duty hauling. It's very convenient for carrying all sorts of awk-ward and oversize merchandise that sim-ply wouldn't fit into any other vehicle—bicycles, trail bikes, furniture, trees and other items from the plant nursery, tim-ber, and so on. Moreover, you don't have to worry about wear and tear on the cargo compartment. Unlike the leather-lined rear of a station wagon, or the carpeted trunk of the average sedan, the pickup truck cargo compartment is sturdy painted steel. So it's ideal for con-signments of gravel, fertilizer, sharp-edge concrete blocks that might cause damage to a more fragile vehicle. Best of all, once you have hauled your load, you can dispose of any mess in a few sec-onds with a garden hose.

American pickups by Chevrolet, Dodge, Ford, and GMC come in a vari-ety of body styles, with room for three people on a bench seat, or two on op-tional bucket seats. There is the tradi-tional "stepside" pickup with a narrow cargo area, flanking fenders, and small running boards. The "fleetside" is more common, with a smoothly styled body that looks like a station wagon with the roof lopped off. In addition, there are four-door, six-passenger "crew cab" pickups, "king cabs" with extra luggage space inside, "long bed" versions and a variety of specialized conversions that turn the pickup into a miniature motor home. Although they are about the size of an intermediate passenger car, they can be economical in ways you might not expect. Trucks are exempt from some Federal emissions standards and safety laws, which means you can run most of them on inexpensive regular gas. They also weigh less than compa-rable size family cars, so their perfor-mance and fuel economy are often superior. This year Chevrolet and GMC pickups are even available with the eco-nomical new General Motors V-8 Diesel engine, the same one that's used in the

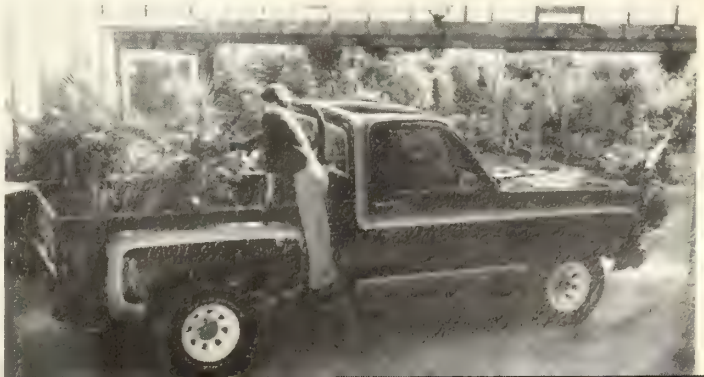
Power accessories, bucket seats, carpet, and softly sprung suspensions have turned the pickup into another kind of station wagon

biggest Oldsmobile and Buick luxury cars. In the pickup, this engine makes excellent sense, using 25 percent less fuel than the comparable gasoline-burn-ing V-8. While it will give you better traction and ground clearance on rough territory, the four-wheel drive versions of American pickups will not save you gas. In fact, this variation just about doubles fuel consumption. It will also make the ride more uncomfortable be-cause it requires special suspension and the engineering complications can result in more expensive maintenance. It also costs more (as much as $2,000 extra).

If you are looking for real economy, both in price and gas mileage, then you will want to look into the foreign-made trucks, some made by American compa-nies. There are three Japanese models that are sold by Toyota, Datsun, and Mazda, which use all four-cylinder en-gines, less than half the size of the six-cylinder American trucks. There are two comparable Japanese-made vehicles sold in this country, distributed by domestic manufacturers: The Chevrolet LUV—light utility vehicle—made by Isuzu and Ford's Courier built by Mazda.

These foreign-made trucks are well-built, come with bucket-seat interiors and economical 5-speed transmissions as options. None of them have the great variety of extras that are available from the domestic manufacturers. However,

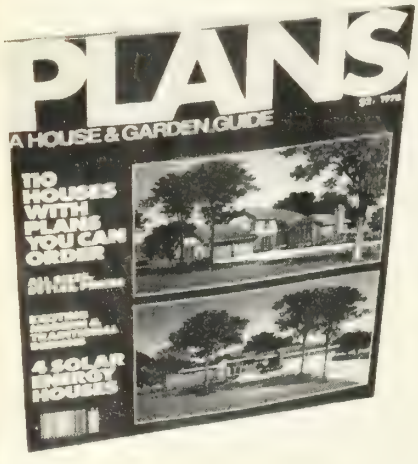
Continued on next page



Right: Pickup coping easily with a cargo load of greenery from the nursery. This is a "Stepside Sport" model. By Chevrolet.

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Picking your pickup
continued from preceding page

many of the same accessory suppliers make items for these imported vehicles.

Pickup trucks do have some drawbacks. Because very little weight rests on the rear wheels, they can be difficult to control on slippery roads. However, four-wheel drive can improve this situation. They can be noisy, unless you invest in additional sound-deadening material. But most owners are willing to trade these inconveniences for the pickup's sturdiness and load-carrying ability. The best role for a pickup is probably as a second car. Because it's practical and fun to drive, the truck often turns out to be the one the whole family fights over while their more dignified sedan stays in the garage. All things considered, the pickup can be one of the most intelligent buys a family can make. It holds its resale value better than most cars and it's probably the most practical, versatile vehicle around.

American pickup trucks

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Base price: $4,233. Length: 15.9 feet. Engine: Inline-6, 110 hp. 17 mpg city, 21 mpg highway. Warranty: 12 months/ 12,000 miles. Dealers: 6,030.

DODGE D100
Base price: $4,147. Length: 17.5 feet. Engine: Inline-6, 110 hp. 17 mpg city, 23 mpg highway. Warranty: 12 months/ 12,000 miles. Dealers: 3,100.

FORD F-100
Base price: $4,221. Length: 16 feet. Engine: Inline-6, 110 hp. 19 mpg city, 28 mpg highway. Warranty: 12 months/ 12,000 miles. Dealers: 5,572.

GMC
Base price: $4,233. Length: 15.9 feet. Engine: Inline-6, 110 hp. 16 mpg city, 22 mpg highway. Warranty: 12 months/ 12,000 miles. Dealers: 2,700.

Japanese pickup trucks

CHEVROLET LUV BY ISUZU
Base price: $3,394. Length: 14.4 feet. Engine: Inline-4, 80 hp. 18 mpg city, 25 mpg highway. Warranty: 12 months/ 12,000 miles. Dealers: 6,030.

DATSUN PICKUP
Base price: $4,358. Length: 14 feet. Engine: Inline-4, 110 hp. 24 mpg city, 33 mpg highway. Warranty: 12 months/ 12,000 miles. Dealers: 948.

FORD COURIER BY MAZDA
Base price: $3,896. Length: 14.8 feet. Engine: Inline-4, 77 hp. 29 mpg city, 38 mpg highway. Warranty: 12 months/ 12,000 miles. Dealers: 5,572.

MAZDA PISTON PICKUP
Base price: $3,949. Length: 14.8 feet. Engine: Inline-4, 80 hp. 25 mpg city, 38 mpg highway. Warranty: 24 months/ 25,000 miles. Dealers: 518.

TOYOTA STANDARD BED
Base price: $3,858. Length: 14 feet. Engine: Inline-4, 96 hp. 20 mpg city, 28 mpg highway. Warranty: 12 months/ 12,000 miles. Dealers: 984.

PICKUP TRUCKS— WHAT ARE THE OPTIONS?

- If you want more power than the standard 6-cylinder engine, order an optional V-8.
- A 4-speed or 4-speed overdrive transmission will save you gas, but automatics are preferred when traction is poor, because of their smoother shifting.
- With a 4-cylinder engine on the smaller Japanese-made trucks, get the 5-speed overdrive transmission.
- Heavy-duty electrical equipment and extra capacity cooling systems save mechanical wear and tear, are good bargains.
- You'll want a convenient "cap" to cover the rear, available from the manufacturers or in greater variety from accessory companies.
- Order a heavy-duty handling package (stiffer springs, shock absorbers, anti-rollbar, wider tires) for safer cornering, easier steering.
- Radial tires give better gas mileage, handling, and wear.
- Bucket seats and carpeting are definitely worth the added expense. So are cruise control, AM/FM radio, built-in CB, cargo tie-downs and dual outside mirrors, plus sliding rear window.
- Special paint jobs—popular with pickup truck owners—cost anywhere from $200 for a simple set of pin stripes to over $2,000 for a complete custom creation. Design your own paint scheme and have it executed by a local artist.
- Sturdy rollbar for the cargo section gives you extra protection in an accident, provides a convenient place to fasten cargo tie-down straps.
- For heavy-duty use, get attractive and durable spoke wheels, painted with special Imron paint. Use "off-road" tires for rough going.
- A lift-out translucent "sun-roof" over the driver's seat gives the feeling of a convertible with none of the drawbacks.
- Lockable storage boxes that bolt into the pickup rear are useful if you don't plan on buying a cover for the cargo section.

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THE BACK tells you exactly how to keep it that way!

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- Tips on correcting special problems

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ırds guide you through every ep of home plant care!



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It's easy to keep holiday gift plants growing and blooming from year to year if you follow the instructions in Plant Card Set 17–Gifts That Keep Giving.

eate a terrarium dish garden—ıose from over plants in Plant rd Sets 5 and 7 d follow the illusted instructions the Bonus rds in these ɔ sets.



Trees thriving indoors
continued from page 44



Norfolk Island Pine thrives in filtered sunlight; here in house by [illegible] tect Peter H ner. Alongside, a Boston fern.

ELLIOTT ERWITT

its leaves almost instantly when subjected to them. Outside of that, given rich moist soil and some sun, it will grow into a delightfully airy tree. Three or four to a pot will give a much more lush effect than will a single specimen.

The **ARAUCARIA HETEROPHYLLA**, or Norfolk Island pine, is often touted as the living indoor Christmas tree. And in fact it does look like one of our temperature-zoned evergreens, although it's somehow more organized and neat in appearance. But it doesn't take well to a lot of handling. Hanging a lot of decorations and removing them will not help the branches stay on. And dropping branches are this tree's major drawback. This effect can be avoided, however, by making sure that the plant's rich soil is kept constantly moist, though not soggy. More important yet is atmospheric moisture. Native to the South Pacific island bearing the same name, the plants are used to being surrounded by fog—hard to come by in most homes. But by growing the Norfolk Island pine in a setting with numerous other plants, you usually increase the humidity sufficiently for them all to thrive. As partners with the moisture-loving banana plant, they do particularly well, and the contrast in greens is most striking.

For something less feathery in appearance, more bold in accent, try **PITTOSPORUM**. Here's a tough, densely branching shrub which will dominate any corner if you start with a large plant. *Pittosporum* is a slow grower—in low light. On the other hand, it will take just about any light conditions from full sun to the shade of a 60-watt light bulb. Given full sun and loamy soil allowed to dry out a bit between waterings, the plant will develop white flower clusters on the branch tips in spring that fill your room with something like the sweet fragrance of orange blossoms.

The **BRASSAIA ACTINOPHYLLA**, long known as Schefflera or Australian umbrella tree, likes a warm spot with some sun and loamy soil left on the dry side between waterings. Glossy palmate leaves, suggestive of small umbrellas, form a large loose canopy above the sturdy trunk of mature specimens. Make sure you check for mealybugs on this one before you buy it; they are a common pest.

CORDYLINE TERMINALIS is the plant whose leaves are used to make hula skirts. It's also the plant whose branches are chopped up into 2- and 3-inch lengths and sold as "miracle plants." Soak one for a few weeks and a plant will spring forth. Actually the miracle occurs if it survives—though growing the Ti plant, as it's popularly known, from a small dormant branch is a fun project for kids. The tree needs a minimum of 60 percent humidity at all times. Although it will make a striking tree in a decade or so if it lasts that long, probably a much better bet is to buy a large dracaena instead, which the Ti plant rather resembles.

CYPERUS ALTERNIFOLIUS is for the indoor gardener who just can't stop watering the plants. There's no way it can be overwatered. In fact, it will thrive with its roots standing in water. Both *C. alternifolius* and its well-known cousin **C. PAPYRUS**, the original Egyptian paper plant, will do well in bright light to full sun as long as the humidity is high and the soil is sandy but well fertilized. Cyperus is particularly suited to atriums and other such places where a small indoor pool area may be available.

As an old standard, easy-to-care-for specimen plant, **DIEFFENBACHIA** is hard to beat. It's often seen in office lobbies and other public places. If you have a full-sized 5-foot specimen in the living room, it immediately takes on more dramatic scope, its stark thin curved leaves going particularly well with modern furniture. Dieffenbachia grows well under somewhat restricted light conditions, and it should always be grown with the soil kept on the dry side. When you do water, water well, but let some time pass before you do so again.

Finally, one cardinal rule to follow with indoor forestation, namely, buy your plant as big as you want it to be. Indoor trees all grow very slowly. But slow as they are, they are splendid, easy-to-care-for additions to anyone's plant collection. ■



Answers to your questions.
Here we share some interesting letters from our readers

BY MARGARET MORSE

DEAR HOUSE & GARDEN

Comforting answers

Where can I send my down comforter to be recovered? —M.M.S., Concord, N.C.
Here are two places that specialize in remaking old down comforters and in custom-making new ones. At Alden Comfort Mills (Dept. D., Box 6070, Dallas, Tex. 75222), old down is fluffed, and cotton and acetate satin coverings are downproof. If you supply the fabric, a downproof interlining is added. It offers a free catalogue with swatches. At the J. Schachter Corp. (Dept. G, 115 Allen St., New York, N.Y. 10002), old down is sterilized, fluffed, and then covered with a downproof interlining. Stock coverings are polyester, polyester and cotton, and acetate satin. You may supply your own fabric. Its catalogue with swatches is $1 ppd.

Toying with horses

Where can I find out how to build a rocking horse? —K.M., Hilton Head, S.C.
You'll find instructions and scale drawings for two rocking horse designs (and for rockers in other animal shapes) in the Collier paperback *How To Make Wooden Toys and Games,* by Walter E. Schutz. You may order a copy for $4.95 ppd. from the Macmillan Publishing Co. Inc., Front & Brown Sts., Riverside, N.J. 08075. (If you've always wanted to make toys for Christmas presents, it's never too soon to get started.)

Glass liners

I need to replace the blue liner in my sterling silver mustard pot? Where can I have this done?
—R.E.E., New Haven, Conn.
Custom-made blue glass liners for salt dishes, mustard pots, and such are a specialty of Hess Repairs, Room 1514, 200 Park Ave. South at 17th St., New York, N.Y. 10003. If you send Mr. Gabriel Hirsch the pot—carefully wrapped and insured—he will send you an estimate. If you can bring in the pot in person, Hess Repairs is open Monday through Friday, 10:30 A.M.-4P.M., and Saturday, 11 to 3. You can send in a crystal decanter for a new stopper, too.

Cruise news

Loved your October 1977 section on cruises! We're retiring next year and are looking forward to going around the world. Can you recommend any guidebooks on cruises?
—H.D., New York, N.Y.
To have all the information at your fingertips, invest in two books—Fodor's *Cruises Everywhere 1978* ($9.95 ppd. in paperback or $12.95 ppd. in cloth from David McKay, 750 Third Ave., New York, N.Y. 10017) and Ford's *International Cruise Guide,* published in February, May, August, and November (paperback, $5.50 ppd. a single copy or $20 a year—add $1 per copy for first-class mail—available from Ford's at P.O. Box 505, Woodland Hills, Calif. 91365). And happy sailing!

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Cooking in copper

You show a sugar-cooking pot of unlined copper in your November, 1977 issue. Is it safe to cook in unlined copper? I have a big copper stockpot, and the tin lining has worn off. —A.N., Sioux City, Iowa

Unlined copper is the traditional ware for just a few special tasks—cooking sugar, making caramel, and whisking (but not cooking) egg whites. An unlined copper pot is a superb heat conductor and cools quickly when removed from the heat, so sugary foods come out smoother, are less likely to burn. The metal helps "inflate" egg whites during whisking (letting the egg whites reach room temperature beforehand helps, too). Copper tarnish (verdigris)—experts tell us—is ultimately poisonous, so it's important to *polish an unlined copper pot before each use.*

For safety's sake, copper pots used for other purposes (such as cooking stock) must be lined with tin. According to *The Cook's Catalogue* (Harper & Row, $15.95), which has an extensive section on cookware metals, tin is "completely nontoxic. . . . [Its] surface tarnish is a protective coating and should not be removed." As tin melts at about 450°F, take care your tin-lined pot does not burn dry. Two places that retin copper pots and also put on a new handle or take out dents:

A. William Campana & Sons, 162 Clara St., San Francisco, Calif. 94104 (all copper pots except tea kettles).

International Retinning & Repairing Co., c/o Rosner, 2405 Whitney Ave., Hamden, Conn. 06518.

Send either company your pot via insured mail, and it will send you an estimate.

Table guard

After the expense of refinishing my dining table because of scorch marks, I'd love to have a protective table pad made. Where can I go?—E.A., Scarsdale, N.Y.

Chances are a good furniture or department store near you sells custom-made table pads. One manufacturer—Ohio Table Pad Company—makes folding pads in virtually any size and four protective densities. The top side is covered in vinyl leatherette, which comes in white (best if you're going to use a light-colored tablecloth over the pad) and in as many as six wood-coordinating shades. Felt underside comes in green, tan, or brown. The Ohio Table Pad Company has thousands of master patterns of major furniture makers' most popular tables. About 250 shop-at-home-service department stores have salespeople who'll come to your home to measure your tabletop. Others can demonstrate in the store how to make your own pattern with the template paper they provide. For dealer nearest you, write Mr. David L. Alkire, Vice President—Sales Manager, Ohio Table Pad Co., P.O. Box 2843, Toledo, Ohio 43606.

Sink art

Would it be possible to paint a decorative design on an existing bathroom sink? —E.L., Lake Jackson, Tex.

Since any overglaze painting tends to flake with cleaning, it's not very practical. You might consider installing a new hand-painted sink, which the manufacturer has automatically fired at high temperature so that the decoration, like that of most tabletop china, is much more resistant to abrasion than any overglaze painting one might add. Two manufacturers that sell by mail are:

For glazed porcelain sinks:
Sherle Wagner, 60 E. 57th St., New York, N.Y. 10022. Catalogue $5.

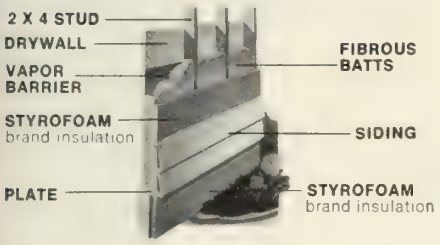
For glazed ceramic sinks:
Elon Incorporated, 964 Third Ave., New York, N.Y. 10022. Catalogue $1.

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For more information on how STYROFOAM brand insulation can cut your energy costs, mail our coupon today.

†Some homes will perform better than these test homes. Others not as well. Your energy savings will depend on many factors, such as climate, fuel type, workmanship, house design and living habits of the occupants

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STYROFOAM brand insulation is combustible and should be properly installed. A gypsum board interior finish should be used in residential construction. For specific instructions see Dow literature available from your supplier or from Dow.

HG 2/78

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Midland, Michigan 48640

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Can living together be a good substitute for marriage?
Why are young people drawn toward cults?

ARE LIQUID PROTEIN DIETS DANGEROUS?



BY MARY CATHERINE TYSON, M.D.

Q As a doctor, would you recommend the new liquid protein diets?

A There are two varieties of liquid protein. One is made of powdered casein or milk protein and soy bean protein with various flavorings, mostly vanilla and sugar. The other variety consists of dehydrated meat by-products, whey, a by-product of cheese-making, plus flavorings and sugar, sometimes with an added dash of vitamins and a pinch of minerals. In each case, you put one or two tablespoonsful of the powder into a glassful of skimmed milk and drink it in place of two or three meals a day. Dr. Jules Hirsch, professor and senior physician at Rockefeller University and a world known obesity specialist, condemns both products as dangerous for anyone, without strict medical control. They are not high quality proteins and do not include all the amino acids the body requires. In some cases, they have led to acidosis and ketosis. They usually cause constipation by virtue of low bulk. Anyone with a diabetic tendency, liver or kidney weakness, or metabolic disorder would run into serious trouble using these products.

An easy and magic way to lose weight has been sought for a long time. Lord Byron drank vinegar and water to "melt off excess weight." To give up meals and replace them with a liquid "solution" is not the way to good nutrition. One of the pleasant things in life can be eating, and when it is done with three medium-size meals a day, it can still be compatible with normal weight. If the average overweight person who eats the usual varied diet, but obviously too much of it, would eat exactly half the amount, he or she would lose weight—and lose it even more rapidly by walking more. It is that simple.

Q Is living together a successful substitute for marriage?

A In America, since before the turn of the century, a lasting union without legal ceremony has been called a common-law marriage and if recognized in the state involves the legality of a formal union. Today, living together is very common in all walks of life, even among those in the public eye. In discussions as to why this is chosen instead of marriage, there are many reasons given. Lack of money, different religious backgrounds, strong career drives in both partners, etc. All of these "problems" are perfectly compatible with a successful marriage, so they cannot be the true reasons. Other couples say the high divorce rate makes them want to be sure before taking a final step. This is a weak excuse, since statistics show that people who marry after living together have the highest rate of divorce. (This may result from the fact that people who fear a total commitment may be more apt to escape from it in circumstances which others would prefer to work out.)

Among those young people living together, many women truly desire marriage. One bright young woman said to me: "Oh some day I'll get him to marry me!" She had gone into the relationship as a way to hold onto the man, while trying to get married. Eventually she did, but I think the basis of a lasting marriage would have been firmer if the man had made a total acceptance of responsibility earlier. Rarely does it happen that the man desires marriage and the woman is reluctant to commit herself. Many young women, who carry off their roles with great bravado, have confessed that with two working partners, it is still considered to be chiefly their job to keep an attractive home, shop, and cook. In a marriage this would be worked out, but here it may cause dissolution of the partnership eventually.

Most couples say that if they eventually want children, they would marry. But when having children is postponed, couples often get a more self-centered attitude, which is apt to preclude the work, care, and enormous responsibility that child-raising involves. So many of these couples may miss the joys of parenthood altogether. Aside from questions of morals or religion, ethically when you make a contract with another person, you should be honest with yourself as to the true reason. The more you understand yourself, the better you can experience life. And the more successful and happy your relationship will be.

Q Why are some young people drawn toward new cults?

A The majority of the young people who have abandoned their families in favor of a religious cult or group have had parents who exerted little or no authority or discipline and allowed them unlimited freedom in an aimless atmosphere. It is the nature of children and adolescents to need and search for form, direction, formulas, and regulations for living. Education means to lead out or direct, and if this is not present at home, the young will seek it elsewhere. In most of the new religious cults we hear about today, members have to follow rigid rules of early rising, for example, little sleep, hard work, long hours of study, and a Spartan, selfless way of life, including solicitation of funds. There are exceptions, but, generally, the family which is closely knit, with much love and affection and discipline, rarely loses a child to these groups. In such families, all are expected to work together for common goals, but children are allowed to question and raise objections to rules. And by example, the parents set the mood of joy in mutual achievement.

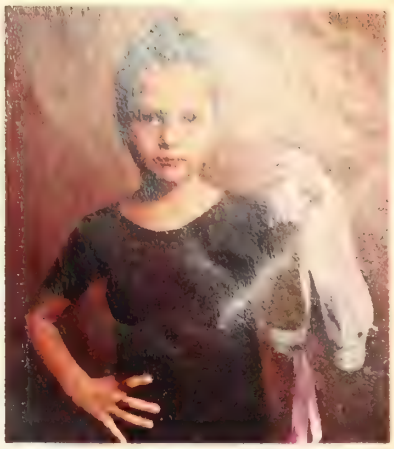
Recently Dr. Roy Grinker, psychiatrist at the Michael Reese Medical Center in Chicago described the problems of children from overprivileged backgrounds. They may suffer from parental deprivation, lack of work ethic, values, and goals and are bored, empty, depressed, and impulsive. When they find that money is not the universal solution, their lack of initiative makes them targets for other idiosyncratic lifestyles. In such groups, members are not allowed to own anything and through a brainwashed state find it hard to leave or break away from the regime.

It's possible to "shock" a young person out of the situation by helping him or her let out anger or anxiety. Then, along with warm support of parents and friends, good rest, proper nutrition, and medical care if necessary, recovery occurs. Many young people do leave without help, through disillusionment, and these disenchanted former members can also be helpful in deprogramming others. ■



Hon, the mortgage payment's due. Did you deposit your check today?





Mom, I need new ballet slippers.

They need me.

When we got married, we said my income was for extras. We didn't want to be dependent on it when we had children. Well, we have a daughter now—and it's a *good* thing I went back to work when she went to school.

With the cost of day-to-day living, we couldn't possibly afford our house, let alone put money aside for her education on only one income. If anything happened to me, my family would have to make a lot of difficult adjustments—especially Jenny. That's why I have my *own* piece of the Rock—Prudential insurance—to help make sure they can live as comfortably as we do now. They need me.

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NEW STYLE ROMANTIC BOUQUETS

Some tips on how to make them from Richard Hare—decorator, antique dealer, and inventive flower arranger

BY LIZA WICK

"If there are any rules for arranging flowers, I don't know about them. The flower that doesn't fit in with the color scheme or shape—the 'throwaway'—always seems to *make* the arrangement." Richard Hare's free-form bouquet on page 86 proves the point. A saucy black-eyed Susan (rudbeckia) spices up the pastel pinks and blues, is a perfect contrast to the fragile lilies, and the single bright dahlia is a surprise among the fluffy hydrangeas, spiky purple buddleia and pale pink "Garden Party" roses. "The striped *dent de chien* grass here is lovely as a green, gives grace and delicacy to the bouquet, and helps control the height. I sometimes choose geranium leaves, though—I like the texture, and they add to the general scent of the bouquet as well. Differences in shapes and forms are as important as color."

Mr. Hare always has in mind just where the arrangement will go in the house but creates it on his specially equipped section of the front porch—a long worktable, a big sink, and shelves to the ceiling for his collection of containers. Considering whether it's to be full all around or just in front, he builds the bouquet from the bottom up, small flowers first, then works outward—"I push and poke, resorting to as few tricks as possible, proceeding according to what pleases my eye." That special touch comes from instinct, but instinct bolstered by much practice and learning

Continued on page 148

Richard Hare's tips for flower care

- *Try to gather flowers as early in the morning as possible.*
- *Always cut stems on the diagonal.*
- *Transfer each variety to its own bucket of cool water before arranging.*
- *Strip leaves and thorns below the water line to increase "drinking" surfaces.*
- *Beat woody stems of hydrangeas so they'll soak in more water, and add a touch of sugar.*
- *Flowers don't need coddling—adding aspirin or elaborate powders to the water doesn't seem to add longer life.*
- *"Frogs" or a bit of chicken wire lend support to flowers in large arrangements.*

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Hearty char-flavors, sizzling from the grill.

The thick sirloins and heavy chops of this world are at their finest encased in a crunchy brown crust with a smoky, char-flavor that is the absolutely perfect seasoning for the lush meat and hot runny juices inside.

The grill seasons a host of other meats, too—spicy sausages splitting with juice, pink-and-black charred shrimp in the shell, succulent barbecued chicken, thick, smoke-flavored hamburgers, all cooked in a stream of power-driven air by the Jenn-Air Grill-Range, the range that breathes.



Smoky-sweet flavors with whole meals on a skewer.

It is said that shish-kebabbing got its start back when men who wore swords skewered meats and held them over their picket fires.

You load skewers with tender bites of beef or lamb or sausage, plump shrimp, fat mushrooms, even chunks of fresh, luscious fruit. As the skewers turn, slather these foods with herb butters, pepper sauces, fruit juices, honey and oil, or any of 100 other seasonings. You'll get drips, and smoke will puff up, but it will be whisked direct to outdoors by Jenn-Air's rangetop ventilation.

And as the smoke currents bathe the kebab morsels, you get something more to taste—a delightful smoky-sweet flavor no spice or seasoning can duplicate.



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You'll use it as a giant chafing lish for flavorful Steak Diane. 'ou'll use it for Japanese tabletop ookery—for sukiyakis and crispy tir-fried vegetables. You can even ıse it for an elegant dessert of ananas browned in butter, lrenched with orange syrup, and lamed with Cognac right on he griddle.

Griddle-quick cooking—it's ınother way you get lots more to aste, more to enjoy from your enn-Air Grill-Range.

Savory meat flavors from the open-air spit.

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Fiery heat strokes the meat as t revolves on the spit, but not quite enough to char it. Basting fat or sauce rolls over the meat, keeping he surface tender and moist. The steam that ordinarily forms around ooking meat is carried away on enn-Air's self-ventilating breeze.

As a result, chicken tastes chicken-ier, beef tastes beefier, and all meats come to your table with a rich, savory, succulent flavor that clings like syrup to your lips. It's the flavor of true open-spit roasting, something more for you to taste and enjoy.



Crusty brown flavor from the convection oven.

The Jenn-Air convected Power Oven is actually two ovens in one. First it's a conventional electric oven and broiler. But then, just by flicking a switch, it becomes a professional-type convection oven that lets you roast meats in a stream of power-driven air—quicker, at lower temperatures!

As in open-spit roasting, there's no steam to give meat a "boiled" taste. A rich, caramel brown crust quickly forms on the surface to trap juices within. Beef roasts cook hot and pink all the way through. Turkeys stay juicier because they cook in less time. Chickens, hams, roasts of pork cook richly brown and plump to bursting with flavor.

The Power Oven cooks cleaner too, because smoke and steam are exhausted direct to outdoors. And it has *two* oven-cleaning modes. It cleans itself continuously during use. If deposits accumulate during heavy use, you just switch over to "accelerated cleaning" and the job is done in a fraction of the time.



In the oven or on the rangetop, Jenn-Air's power-driven air brings you more ways to cook, more foods to taste, more flavors to enjoy. For the Jenn-Air dealer nearest you, see the Yellow Pages, call toll free 800-428-1825, or write Jenn-Air Corporation, 3035 Shadeland Ave., Indianapolis, Indiana 46226. Also available in Canada.

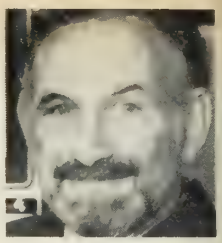
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■ ON THE ELECTRONIC CIRCUIT

ARE YOU GETTING HIGH QUALITY SOUND?

Is a warranty worth anything? Do video games injure the TV set? Plus what does solid state mean?



BY DAVID LACHENBRUCH

EDITOR'S NOTE: *David Lachenbruch is Editorial Director of* Television Digest with Consumer Electronics *and a well-known writer in the electronics field. He is a columnist for a daily Japanese newspaper, a rare honor for a Western writer in a country that leads in electronic manufacturing and know-how. In this article, he answers readers' most asked questions and invites continuing correspondence on the subject of electronics.*

Q What is a Dolby?

A "Dolby" is a fairly recent addition to the hi-fi vocabulary. It is shorthand for the "Dolby System of Noise Reduction," which has helped transform the cassette recorder into a true high-fidelity instrument. Invented by audio engineer Ray Dolby, the noise-reduction system is now built into some 500 different models of high-quality cassette instruments. It reduces the noise—most particularly the high-pitched hiss—which is normally characteristic of cassette tapes, without affecting the actual sound of the recording. To obtain this noise reduction, a cassette must be "Dolbyized" during recording—in other words, both recorded and played back through the Dolby circuits. If you have a cassette recorder with a built-in Dolby system, you'll want to make and play back all your recordings with the noise-reduction circuit switched on. Non-Dolby recordings should be played back with the Dolby switch in the "off" position. Some high-quality prerecorded cassettes are "Dolbyized" and give excellent results when played back through a Dolby-system cassette deck.

A more recent development is the application of the Dolby system to FM radio. About 170 FM stations now broadcast "Dolbyized" music, which can be received on any FM radio. For increased clarity of the music, an FM receiver with a Dolby circuit is necessary. More than 65 models of FM tuners, receivers, or add-on components now include Dolby FM decoders.

Q What are my rights under a TV set warranty?

A Your basic right under the new warranty law is to enjoy a product which does what it's supposed to do and is free from manufacturing defects. Almost all television set warranties include three different types of coverage—for the picture tube, the other parts, and the cost of installing them. The most common color TV warranty terms provide for: (1) A replacement picture tube (new or rebuilt) if yours fails within two years. (2) All other parts to be covered for one year. (3) Free labor for 90 days. This means for example, that if you have trouble after the 90-day period, but less than a year after you bought the set, the replacement parts are free, but you must pay for the service technician's labor to install them. The warranty also spells out whether the service is performed in your home or whether you must bring the set to the repair shop. Generally, the owner is required to bring portables to the shop, with larger sets entitled to in-home service. But warranty terms do vary on this point. Some manufacturers supply labor coverage for a full year; others may warrant certain components, such as transistors or printed circuit boards, for up to five years. In addition, some dealers add their own warranty coverage as a supplement to that provided by the manufacturer—for example, the dealer may extend the labor coverage to a full year from the 90 days specified by the manufacturer. Of course, this must be in writing for it to have any value.

If you feel that warranty service on your set was unsatisfactory and you can't get the servicing company to make good, report it to the dealer from whom you bought the set or write to the manufacturer giving details. Address the letter to "Director of Consumer Affairs."

Continued on page 66



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If you get no satisfaction this way, write a letter—enclosing a copy of the complaint which you've sent to the manufacturer—to Ms. Sally Browne, Director of Consumer Affairs, Consumer Electronics Group, Electronic Industries Association, 2001 I Street, N.W., Washington, D.C. 20006. This is the TV manufacturers' trade association and Ms. Browne will make certain the complaint goes to the right person.

Q Are electronic video games harmful to TV sets?

A Using a video game for reasonable intervals at home should not harm a TV set. There have been several cases of damage to picture tubes in sets used by stores to demonstrate games. They have been turned on for extended periods of time—such as all day, every day for months. In these cases, the pattern of the game (the tennis court, for example) remains on the screen as a sort of ghost during regular TV viewing.

At home, turn off the game (and the set) when it's not in use. If the game gets a lot of use, turn the set's brightness and contrast down just a little bit to avoid any possibility of "phosphor fatigue."

Q What does "solid-state" really mean?

A Technically, solid-state electronics is the science built around the movement of electrons through a solid. For all practical purposes, the phrase solid-state reflects the revolution in electronics, which started 30 years ago with the invention of the transistor by three scientists at Bell Telephone Laboratories.

You don't have to be very old to remember when radios, television sets, and phonographs used glowing vacuum tubes. These tubes, which moved electrons through a vacuum, required large amounts of power, wore out quickly, and caused other parts to fail because they generated so much heat. In addition, they were large and cumbersome. In solid-state devices, the electrons move in a similar way through tiny chips of man-made crystal material. These devices may be transistors or integrated circuits which actually perform the duties of hundreds, or even thousands, of separate components on a single chip. These devices use only a tiny fraction of the power required by tubes, create very little heat, and theoretically can last almost forever if operated properly.

Solid-state devices made possible the modern computer, portable radios, the equipment at lower cost. They've been responsible for cutting the amount of power needed to operate a color TV set to about the same as that used to light a 100-watt bulb.

Q Is there anything that can be done about poor quality TV sound?

A Even though television has FM sound and, at best, is capable of high quality, most network programs have about the same dynamic range as AM radio broadcasts because of the type of intercity relay systems used to carry the audio portion of the network TV broadcast. But the Federal Communications Commission is conducting an inquiry into the possibility of authorizing a high-quality stereophonic sound track for television broadcasting. And the Public Broadcasting System and the American Telephone & Telegraph Company have been experimenting with new methods of networking television audio for higher fi.

Meanwhile if you have one of the few television sets with a connection on the back for an external amplifier or loudspeaker, it's certainly worth experimenting and hooking it into your hi-fi system, following the instructions in the TV set's owner's manual—but don't be disappointed if it doesn't help much. The audio characteristics of the TV set may be a bad match for the hi-fi or speaker. When you shop for your next television set, try listening to the sound quality. Most people buy expensive sets without ever listening to the sound until they get home. A few television set manufacturers are beginning to introduce special models with redesigned and improved audio systems to capitalize on the increasing consumer awareness of sound. A tone control on a TV set is definitely a desirable feature, because it gives you some latitude in adjusting for the most pleasing or comprehensible audio quality.

Q We'd like to buy a good component hi-fi system, but we haven't space for large loudspeakers. Do the smaller ones reproduce sound well?

A The new mini-speakers—about 6½ inches high—represent a new approach to maximum sound in minimum space. Some use built-in electronic circuits to achieve balanced sound; others employ unique multi-speaker arrangements. Reproduction of bass has always been a problem in small speakers, for good bass response demands moving large quantities of air. The new minis use special speaker cones which allow greater in-and-out movement, compensating for their small size in terms of air move-

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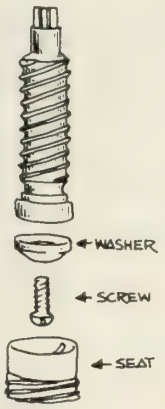
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FOR THE HOUSE FIXER

OW O FIX LEAKY AUCET



BY DEANNE RAFFEL

dripping faucet is literally throwing oney as well as water down the drain. the course of a year gallons of water e needlessly wasted. Replacing a wash- is an easy job that can be done in just few minutes.

ep 1: Turn off the water at the nearest ut-off valve. Open the faucet so that e residual water sitting in the line will ill out. (If the water keeps running, the ut-off valve is faulty so you will need close the main valve that controls the w of water into the house.)

ep 2: Take the faucet apart. Diagram e assembly as you go so that each piece returned in the correct sequence. If e handle has a small snap-on button aced in the center, pry it off. If the ndle is secured to the spindle by a all set screw, try loosening with a hexagonal Allen wrench. The handle also may need a little persuasion to be separated from the spindle, but do not use force—a little tapping from beneath will assist.

Step 3: With an adjustable wrench or a monkey wrench (not with a pipe or Stillson wrench), unscrew the stem cap or cap nut. If the nut is chrome-plated cover it with tape or leather to prevent it from being scratched by the jaws of the wrench. Set the handle back on the spindle and use it to back off and lift out the stem. The interior assembly is the same whether the valve is part of the spigot or simply one handle of a mixing faucet that controls the hot and cold water but leads into a common spout.

Step 4: Wipe out the inside of the faucet with a paper towel. Examine the seat. If it is chipped, nicked, or roughened, it should be replaced or refaced with an inexpensive reseating tool, until smooth. (Directions for using the tool are on the package card). A slot, square, or hexagon shape will indicate if the seat is replaceable.

Step 5: Remove the screw from the end of the stem and peel off the old washer. Replace. (If necessary, take the stem to the hardware store when purchasing washer to get the correct size.) If the screw threads are stripped, replace the fastener, but remember that the new screw must be made of brass.

Step 6: Reassemble the unit. Do not turn down the handle so that the washer sits tight against the seat to shut off the water. Open the supply valve and let water flow—then close the tap. The handle position will probably need adjusting to the proper shut-off point.

ree hot water

ot water for household use is heated by e sun instead of electricity, gas, or oil th this new solar system. It includes t plate solar collectors, a solar hotater tank with controls, valves, and mps. In operation it channels cold ater to the roof-mounted solar collecrs where the sun heats it. The heated ater then circulates to the solar storage nk, to be used as needed. In supplenting the conventional hot-water heat, it is claimed the system could supply much as 70 percent of kitchen, bathom, laundry hot water for a family of ur. The solar hot-water system is degned to be installed by plumbers in one d a half days' time. Average price in e Pittsburgh area $2,500 to $3,000, PG Industries Inc., One Gateway Cenr, Pittsburgh, Pa. 15222.

More House Fixer, next page



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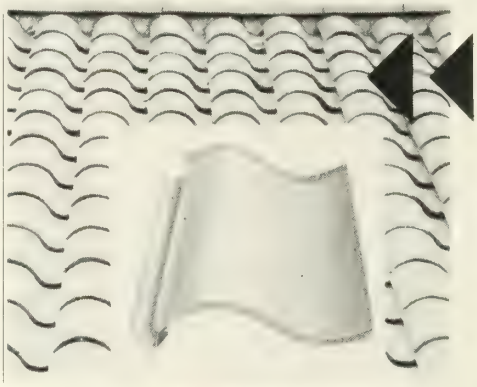
Flexible lighting

New movable lampholders for Halo Lighting ceiling tracks have been designed especially for the home. *Left to right,* the Sphere in chrome or white, the Cylinder, the Step Cylinder, and the Pinchback in chrome, white, matte black, and wood-grain black finish. Cylinder Sphere, Pinchback also come in miniature sizes. A new locking adapter, inserted in the mounted track, makes it easy to install the lampholders. Twist the adapter a quarter turn to lock the holder in place; pull the adapter sleeve and twist a quarter turn to remove it. They can be swiveled in a circle or pivoted up or down so light can be focused wherever needed. Vienti Series, Halo Lighting Div., McGraw Edison Co., 400 Busse Rd., Elk Grove Village, Ill. 60007.

Cozy conservation

This prefab porcelain finish metal fireplace both provides and conserves heat. A high-volume fan circulates air through its heating chamber, where it is warmed, then expels it into the room through side louvers. (The fan has automatic or manual control.) Glass doors, which come with the free-standing fireplace, conserve household heat and restrict its escape up the chimney while radiating fireplace heat. An optional "Energy Mizer" feature provides an intake vent under the fireplace, which draws in outside air for greater heating efficiency. The "provider" fireplace with black hood is approximately $715, with red or olive hood, $759. "Energy Mizer" kit, under $17. The prices are higher in the West. Preway, Wisconsin Rapids, Wis. 54494.





Old-style-new material

In the style of old clay tiles—Spanish, Mexican, Mission—these new ones are lightweight aluminum in burnt red and tile red. S-shaped, they combine in one metal piece traditional round cap tiles and flat pan tiles. They interlock on 10½-inch centers and are secured in place with four 3-penny nails driven through a nailing flange. To conceal anchoring nails, they overlap, need no support strips, and 80 will cover 100 square feet. Less than ½ pound per square foot in weight, they are protected from color change by a baked-on acrylic finish. Architectural Engineering Products Co., 3650 California St., San Diego, Calif. 92101.



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Above: Beamed living room house. Left: Menu models in restaurant windows make it easy to choose and order a meal in Japan.

PLUS BARGAIN WEEKS AT GRAND HOTELS IN LONDON AND PARIS

WINTER JAPAN

THE SURPRISE AND DELIGHT OF A WEEK IN FOUR JAPANESE CITIES

BY DENISE OTIS

An invitation to visit Japan in early January, irresistible because I've always wanted to go, even though the trip would have to be short—could only be away a week from the office—and the weather perhaps cold. Too short it was, too cold it was not. Like New York in November but less rain. Still a raincoat was useful and a light winter coat, with enough layers of sweaters and shirts for easy day-to-day adjustments. Only essential addition to typical city wardrobe: two pairs of wool socks for shoes-off temple visiting. As far as things to do and see, three times as much as there was time for. The high points, day by day: **Monday.** Eight in the morning and the first real look at Tokyo—last night's arrival was a rainbow blur of neon. From 33 stories up in the tower of The New Otani, it could be any modern city—skyscrapers, skyline, thousands of cars whizzing along looping superhighways—except for the great splashes of green park. The artfully curved and layered pine trees in the nearest are unmistakably Japanese. Down on the street for an early morning walk. Blocks of new and not very distinguished hotels and office buildings. Rather disappointing, but then a slight curve in the street, brilliant red torii gate, red and white banners lighting up the gray sky, a tile-roofed shrine beyond. And in the shrine garden hundreds of foxes—giant granite foxes with superior expressions, holding scrolls in their mouths, rows of inquisitive little stone foxes with red cotton bibs tied around their necks, foxes with

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WALTER LIPPINCOTT

SPRINGTIME VIENNA

A WEEK AT THE OPERA

BY CAROLINE SEEBOHM

Vienna—even the name is like a waltz. The design of the city, laid out around a central "ring" with pedestrian walkways and all the major museums and concert halls within easy reach, makes a visit there as simple as one-two-three.

My husband and I went there for the opera—five performances on five consecutive nights, during the annual Vienna Festival, which takes place for 6 weeks from the middle of May to the end of June. You can go to Vienna for other things, such as Baroque architecture, Klimt paintings, the Albertina collection, or the Spanish Riding School. But Vienna is first and foremost a city of music. It has 7 concert halls, 3 opera houses, and 7 music schools, and a constant series of *(Continued on page 80)*

Above: The Vienna Opera House, home of the Vienna Philharmonic Orchestra, and focus of all musical life in the city.
Top right: The rich interior of the Opera House, showing the Imperial box and the auditorium which holds 2,200 people (500 standing).
Top left: A panorama of pastries, Vienna's other special delight besides the music.

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cubs, foxes in little houses with flowers in front of them, and one with a hand-knitted purple cap. Except for one old man sweeping, who bowed politely but clearly no English, it was deserted, too early in the morning. It was not on any of my maps, no one seemed to know anything about it, and it was enchanting. Succeeded later only in learning that foxes are messengers of the gods in the Shinto religion. And that Tokyo is a city for walking. There's always a surprise—a glimpse of a garden, a little traditional house tucked among the office buildings, a tiny opening barely wide enough to be an alley that turns into a lively colorful market street, a row of concrete tubs planted with giant nosegays of pink and white and green ornamental kale. Next expedition of the day by subway. Subway clean and pleasant, but might not have attempted it without a resident as guide. Once done, not hard to repeat, and a very useful technique to master since Tokyo covers an enormous area. Be sure you have your own subway map with stations marked in English. Station maps mark stations with the price from where you are, but names are written in Japanese. Compare maps, put money in machine and get ticket. Don't worry if you make a mistake—you just pay the difference at the other end—but be sure to keep the ticket. On platforms, station names are written in English so you know where you are. Harder to describe than to do, but if it sounds too complicated, taxis are reasonable by New York standards. Object of the expedition, the district called Asakusa, which brings up the very disconcerting Japanese habit of dropping the letter "u" sometimes. Thus Asakusa is pronounced Asak'-sa. Write



Bamboo baskets, traditional cottons, teachest tables in Blue and White shop, Tokyo.



At the entrance of the Kiyomizu Temple and Monastery in Kyoto steps sweep up and around an ancient pine tree, its branches supported by a pergola-like bamboo structure. The main hall, built in 1633, and a national treasure juts out from the hillside on a supporting timber lattice.

Japan is a continual lesson in the art of presentation—food is always photogenic, parcels so attractive you hate to untie them

out names if you ask for directions and aren't understood. Asakusa temple, however, is unmistakable. Monumental gate like a fortress wall with fierce guardian statues. Beyond it, arches of pink plastic flowers over a street flanked with stalls selling everything from mechanical toys to crackers and kimonos. Another gate, hung with a giant's straw sandals—then the temple courtyard. On each side of temple steps a roof-high stack of sake tubs—New Year's offering—in handsome rope-tied wooden scaffolding. Interior alive with buying and selling of fortunes on little white slips of paper. Unless completely satisfactory, they will be tied to trees in the courtyard in hope of improvement. Every twig and branch you can tie to is covered. Spreading out from the temple, a fascinating warren of side streets. Few buildings over 2 stories. Some old and charming with little gardens, others new and nondescript but enlivened with New Year's decorations, all variations on a theme of pine, bamboo, and complicated knottings of straw rope. Incredible array of cooking knives in one shop, of wooden combs in another, and hardware stores that deserve more than a passing glance. Lunch at neighborhood restaurant, Kamameshi Haru. Perfect for a chilly day, kamameshi is a hearty mix of rice steamed in an aromatic broth with bits of shrimp, chicken, and vegetables, appropriately and attractively served in a wooden-lidded brown earthenware casserole set in a wooden box. Afternoon choice of sumo wrestling or a department store. Choose department store. Good thing it's after lunch, since the subway entrance to Takashimaya is through the food department, acres of appetizing food, appetizingly packaged. Still-life platters of sliced vegetables and meat or fish, gift-wrapped in cellophane but not for giving—ready to cook take-home meals for housewives who've spent the day in the store. Easy to do. There are all the goods and services we're accustomed to and more—dry cleaning for one. Plus a half-dozen different kinds of restaurants and snack bars, art exhibitions and craft demonstrations, and a roof garden when you need a breath of fresh air. For the traveler it's the easiest place to do take-home shopping. On entrance you're handed a store directory in English, an English-speaking guide is available, there's a selection of most kinds of Japanese goods, modern and traditional, and the store will pack and ship for you. As you might expect, you pay a bit more for all this service and your choices are more limited than at individual specialized shops. But if you don't buy a thing, one "departo" is worth seeing as a work of merchandising and as a clue to everyday Japanese living and money-spending habits. *Evening.* Cocktail reception at hotel. So much good food that I pass up dinner for sumo wrestling on TV and a piece of fruit—an apple so big and pink and perfect that I don't trust it to taste. It is superb. Which also sums up my reaction to The New Otani. Am usually allergic to giant hotels and rooms with sealed windows. Completely won over by little courtesies—a masseuse on call at any hour, a new toothbrush every morning —and big efficiencies—among them, room temperature as warm or cool as you want in less than 4 minutes at the flick of a switch, air that stays fresh. Plus, hard to resist, a view of Mt. Fuji, however distant, from the tower-top breakfast room in the morning.

Tuesday. New day, new choices. Tokyo National Museum or a tour of craft and antique shops; Kabuki theatre or trip to Kamakura to see hundred-year-old farmhouses. Choose crafts and Kamakura. Love but have seen Kabuki, and find that I can squeeze in a little museum going, thanks to the fact that several large Japanese companies have museums in their downtown office buildings. At Suntory (whiskey) Museum, a two-minute walk from New Otani, small but choice exhibition of screens, woodblock prints,

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lacquer, and porcelain. On to shopping—a day's worth in a morning made possible by a friend with a car. Bingo-ya, at 69 Wakamatsu-cho, in Shinjuku, which is supposed to have the most extensive range of regional folkcrafts is, alas, closed. There's no one closing day in Japan. Department stores and most shops have a specific regular one but smaller shops sometimes vary theirs. Should have had hotel call ahead. On to Oriental Bazaar, on Jingu-mae-dori. Truly bazaar: separate concessions selling, among other things, antiques, traditional clothing, woodblock prints, toys. Quality uneven, some things at souvenir level, some very good. Fair prices and salespeople accustomed to tourists. Beniya, on Aoyama-dori, in Shibuya, near the station, has wonderful baskets and bamboo, beautiful papers and things made of paper. Minimal English spoken, which is no bar to buying. But without a Japanese-speaking companion I wouldn't have had the extra pleasure of knowing that my chosen fan was made by a craftsman who is a Living National Treasure. At The Gallery, 11-6, 1-chome Akasaka, and Blue and White, 2-9 Azabu Juban, Minato-ku, language is no problem, owners are American. The Gallery has Japanese and Chinese antiques; Blue and White has a variety of clothes, accessories and things for the house, contemporary designs made up in traditional Japanese materials, especially blue and white cotton. Coveted the big, padded, cotton-covered metal tea chests, but had to settle for a pair of spiky bamboo salad servers.

Dash to Tokyo station and train to Kamakura, a ¾-hour trip. Trains run split second. If it's 4:02 and the station isn't Kamakura, you're on the wrong train. We are. Discover we should have changed trains two stations back. A blow, visualize afternoon vanishing in a station. Not a bit. Two minutes later a train back to the change point, 5 minutes the right train. Total time lost about 20 minutes. Farmhouses brought from the north of Japan and restored are the shop—The House of Antiques—and home of Yoshihiro Takashita. To visit, you have to telephone him in advance for an appointment (telephone [0467] 43-1441). He will pick you up at the station. More than worth the trip. The farmhouses are splendid, with massive hand-hewn beams and beautifully proportioned rooms. Very hard to leave and so is Mr. Takashita's marvelous collection of antique porcelain.

Wednesday. Carp-carving ceremony, *Manaita-biraki,* at Buddhist temple in Taito-ku district. Annual thank-offering and ancient court ritual. Magnificent costumes, virtuoso carving display. High point—a 7-inch chunk of fish, cut and



Precious plant is slipcovered in straw for winter in the Nijo Castle garden.

stretched, to a flourish of trumpets, into an almost transparent 5-foot garland. Based on this experience, it's worth making time to see any traditional celebration you hear is happening.

Afternoon on Kappabashi, also in Taito-ku, a street lined with restaurant-supply shops and temptation. Cooking pots and serving bowls, trays and teacups, hibachis and handsome graphic *noren,* the traditional restaurant doorway curtains. Rows of shops that make plastic foods for restaurants to display in their windows. Unbelievably realistic, some are little masterpieces of Pop Art. And they do make choosing a restaurant easy—you can see what you'll be eating and all you have to do is point to get it.

For dinner, shabu-shabu. One-dish meal in three courses. Big pot of boiling stock in the middle of the table. Plate of paper-thin beef slices at each place. (When you learn that beef is $16 a pound at the butcher's, you know why beef is cut thin in most Japanese dishes.) With chopsticks, swish the beef in the stock—it cooks in seconds—and dip it in a savory sesame-seed sauce. An assortment of cut vegetables from one of those still-life platters follows the beef into the pot, then squares of bean curd and noodles to be picked out, sauced, and eaten. Particularly like the edible chrysanthemum greens and am told firmly not to go cutting in the flower garden—it's a special variety. Will use watercress when I make it.

Thursday. Early morning flight to Osaka, clear day and clear view of Mt. Fuji, impressive no matter how many pictures you've seen. Also clear view of how much of Japan is mountains. Where there is space to put a city, it tends to be a big one. Osaka is big, modern, indus-

ial. And prosperous, as one visit to ıe first floor and basement "shopping reets" of the Royal Hotel will tell you. lmost every luxury product in the West-ın world—cars, clothes, furniture, ac-ɔssories for the house and person—is ıere for sale. Even a French bakery that ould be first-class in France—never ad a better croissant. The Royal is really miniature city, planned as much for ɔsakans as for travelers, with a health ub, dental clinic, printing shop, and an rt and craft school in addition to the ıops and about twenty different restau-ınts and bars. Seems to be a trend in ıpanese luxury-hotel building, The New ɔtani is on a similar model."

'fternoon: Taken to Takarazuka Revue, ll-female—as opposed to all-male Noh nd Kabuki—theatre and school in an ntertainment park about 40 minutes ·om town. Improbable plots, highly killed and beautifully costumed per-ɔrmers, the opulent silliness—and harm—of a thirties musical. Then a ɔok at underground Osaka, Umeda hopping mall, the largest of several lab-rinths of shops, restaurants, and movie ıeatres. Startling to see streams and ɔuntains, even trees in tubs several levels elow the street. Cocktail reception at otel. Beautiful food, as always beauti-ılly presented. Superb raw oysters and rab legs bedded on rice in big silver-ned pale-wood boxes.

'riday. Breakfast, looking out on a green nd manicured Japanese garden with ighly decorative ducks standing and wimming in the foreground—a Japa-ese screen come to life. Right mood for day in Kyoto. From the train, first ountryside: flat beige fields with rows f decorative haystacks, clusters of wood nd plaster houses with bright blue tile oofs. House under construction, a roof n stilts. Snowing lightly in Kyoto. First ime in second week in January that the emperature has fallen below 40 degrees, nostly it's been in the 50s, although loudy. Sanjusangendo Temple—all lack and gray and white in the snow; latey tile roofs, silvery or browny black imber, tracery pines. Inside an im-nensely long narrow space with a thou-and dull-gold Kwannon figures flank-ng an 11-foot one. Kiyomizu Monastery uilt out from the side of a hill over-ooking the city on a fragile-seeming imber lattice. Soft, undulating dark bark oofs, beautiful details in wood and netal. Then down a lively street lined with pottery shops, to taxi out of town or lunch at Higashiyama Villa in the ills. Shabu-shabu again, this time with iny mushrooms. Japanese seating, i.e. neeling, and I should have had a lot nore kneeling practice before I left ome. Fortunately most restaurants have a choice of tatami or tables and chairs, as did this, but rooms for a large group, and we were, mostly seem to be tatami.

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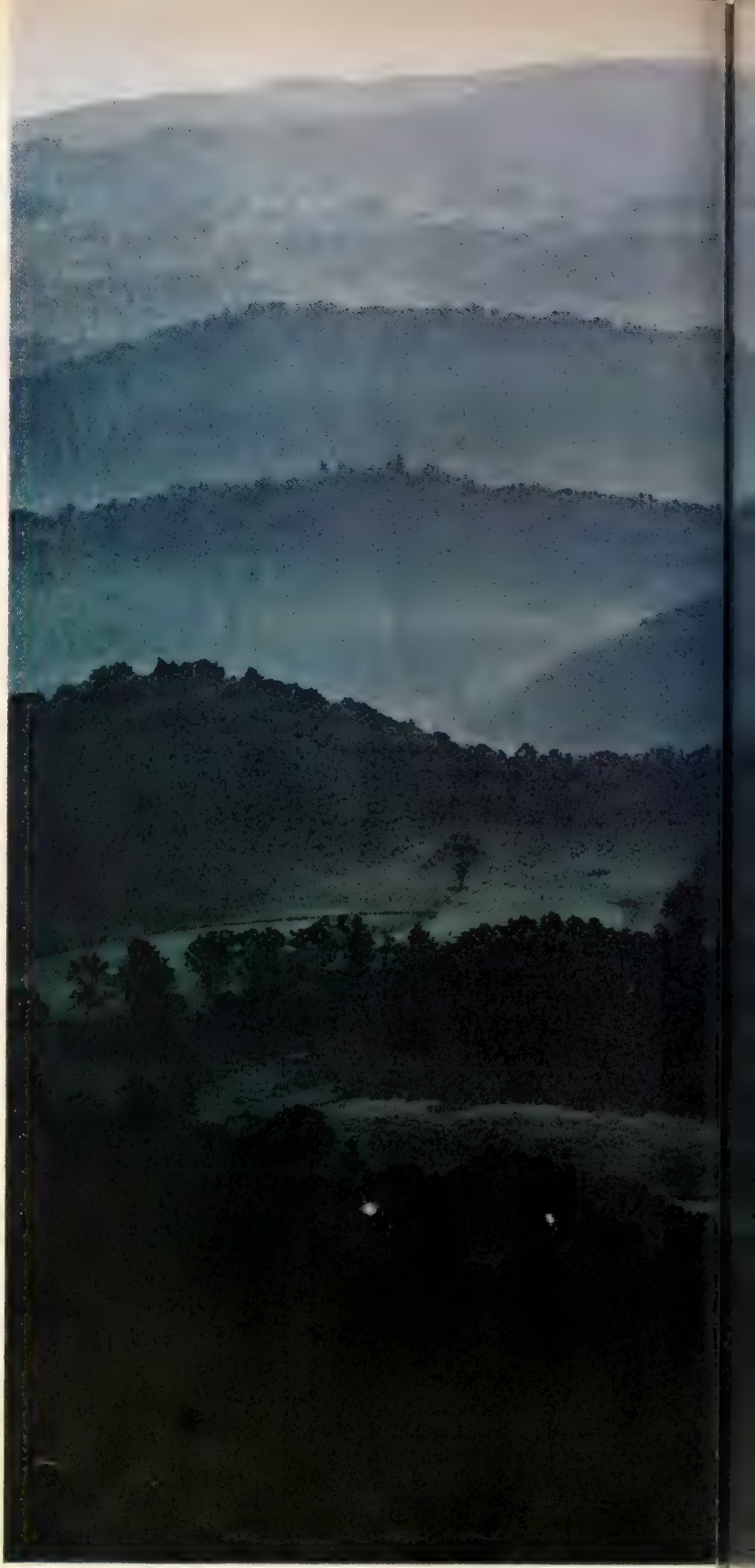
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NORTH CAROLINA

Winter Japan
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Note here on footgear. Since you must remove shoes before entering temples, palaces, or tatami rooms, heavy socks and clogs turn out to be a more manageable winter choice than boots.

Visit to flower arranging and tea ceremony classes. A glimpse of how seriously such traditional disciplines are taken by otherwise up-to-the-minute Japanese. Then craft school with impressive display of local handwork. Subsequent visit to well-known Kyoto Handicraft Center bit of a let-down. Again a bazaar, uneven but well organized for shopping and shipping.

Dinner in a pretty riverside restaurant, Tempura Osawa. Tempura in unaccustomed variety—shrimp, of course, but also quail eggs, gingko nuts, eel, and a variety of vegetables—cooked in front of you.

Saturday. To Nara—city of temples. First Horiyu-ji, just outside, oldest Buddhist monastery in Japan, some buildings dating from the founding in 607 are the oldest wooden architecture in Japan, perhaps the world. Interiors glow with gold and frescoes. Outsides are sober, in colors of wood and sand and stone with subtle detailing and noble proportions. Throughout, a sense of peace and contemplation. In Nara, gaiety and celebration. Adults day—the festival for all who become 20 this year. Kasuga Shrine—like all Shinto shrines lacquered brilliant vermillion—thronged with girls in gaily colored kimonos and young men in Western dress, laughing, chatting, taking pictures of each other, buying fortunes and candies. Park filled with ancient stone lanterns and greedy, aggressive deer begging for biscuits. Quieter crowds at Todaiji Temple, perhaps overawed by ferocious 26-foot figures guarding the gate and an even larger Buddha within. Surrounding paths lined with stalls selling souvenirs and vendors offering appetizing looking hot baked yams and roasted corn. Fireworks to end the day: spectacular annual burning of Wakakusayama hill. Town, trees, and temples silhouetted against a scarlet sheet of flame.

Dinner and overnight at a Japanese inn or *ryokan*. This one motel-modern in architecture, but traditional in operation. Shoes off as soon as you enter. Change to cotton kimono, *yukata*. As it's winter, there's a heavy wool one to go over it. Also electric heater, thank heavens. Real warm-up after dinner—a Japanese bath. Leave yukata and slippers in anteroom, go into big tiled room with what looks like a simmering swimming pool in the corner. Etiquette is soap and rinse first. Prudence is rinse a lot with basins of water from the pool until a little accustomed to heat. Still a shock. So is leaving the bathroom if you don't

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Springtime Vienna
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festivals of opera, concerts, and youth-and-music.

Unlike the Metropolitan Opera in New York, where you might go one night out of a hundred, in Vienna the opera is daily sustenance. The Viennese pay millions in taxes to subsidize it. Viennese shopkeepers display photographs of their favorite singers in the windows. Sacher Torte makers argue the virtues of Léhar over Johann Strauss. Local cafés are named after Mozart and Beethoven. The annual Opera Ball is the apotheosis of Viennese social life.

It's not surprising, therefore, that the Vienna Opera House is a building to be reckoned with. Domed, richly decorated, it rises in the center of the city like an imperial monument to Austria's former greatness. Designed by two Viennese architects, Eduard van der Nüll and August von Siccardsburg, and opened in 1869, it was bombed during World War II, but not, fortunately, the spectacular Baroque staircase of white marble and gold, and frescoed foyer by Moritz von Schwind. Also preserved were the tea salon, an elegant room off the central box where archducal types slipped out for a smoke during boring arias, and the Schwind room, one of the vast frescoed salons where operagoers promenade during intermissions.

The other two opera houses are equally atmospheric—the Volksoper, which puts on operettas, and the Theater an der Wien, where Beethoven's *Fidelio* was first performed and where the great composer lived upstairs.

The Vienna State Opera, however, is very formal. The first time I went I wore a skimpy summer dress that looked like a petticoat compared to the sumptuous clothes of the rest of the audience. The Opera House provides very operatic snacks before and during intermissions —open sandwiches with caviar, smoked salmon and crabmeat, and champagne or local wine, coffee. After we had listened to one of the finest opera orchestras in the world, the Vienna Philharmonic, under the baton of Vienna's most beloved conductor, Karl Böhm, performing *Ariadne auf Naxos* in the gold and white horseshoe of the historic opera house, we came out feeling as though we were on wings.

A Viennese street showing various architectural styles.



Vienna opera performances begin at the early hour of 6 or 7 P.M., so you have dinner afterwards. With our evenings organized, we spent the days sightseeing. At the top of our list was Schönbrunn Palace, the home of the Hapsburgs, with a few fascinating rococo gems in addition to the mostly 19th-century Baroque rooms. (Vienna's greatest days were when the Hapsburg Empire was at its height, and the city's architecture shows the *fin de siècle* flowering.) Another morning was devoted to the Upper and Lower Belvedere, the former residence of Prince Eugene of Savoy, with French gardens and an art gallery containing the finest Klimt collection anywhere. Finally, we plunged into the Hofburg, the city's vast imperial palace, a mixture of architectural styles, which also houses the Spanish Riding School.

The Spanish Riding School will thrill anyone. Out of another age, the Lippizaner horses prance into the Baroque indoor hall, their breathtaking movements comparable to the grace and power of Baryshnikov. They perform twice a week (once on Sundays), and you can get the program and tickets ahead of time. (If seats are sold out, standing room is perfectly good for viewing; in fact we all stood up at times to see better.)

Vienna's Kunsthistorisches is a very special museum containing some of the finest Rembrandt, Breughel, Rubens, and Velasquez paintings anywhere, plus a stunning collection of gold, silver, jewelry, and porcelain belonging to the Hapsburgs (with more in the Hofburg Treasury). The Albertina has the largest collection of prints and drawings in the world, and I will never forget some of the Goya, Dürer, and Rembrandt drawings I saw there. (Also, the Albertina is blessedly small.) For music-lovers, a less well-known but fascinating museum is the Alte Musikinstrumente, in the Hofburg, an extraordinary collection of musical instruments such as a wood carved music box with 10 tiny gold trumpeters, Kaiser Leopold's mother-of-pearl inlaid clavichord, and Beethoven's own Erard piano.

We also took a bus tour to the Vienna Woods (Vienna Sightseeing Bus Tours go to most places), being particularly interested in Mayerling, the tragic spot where Crown Prince Rudolph and the Baroness Vetsera committed suicide in 1889. Unfortunately, the bus passed it without letting us off, so we decided that next time it might be more fun to rent a car. There is another popular bus trip to Grinzing, the wine-growing village outside Vienna, producing the "Heurige"—newest vintage wines, which you drink in taverns to the sound of—guess what?—Viennese waltzes.

CAROLINE SEEBOHM

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Springtime Vienna
continued from page 80

FOR LUNCH

We were tempted to go daily to Demel's, the world-famous pastry shop that serves hot and cold first courses you choose yourself from an enormous buffet (fennel and celery quiche, sweetbread-egg-and-chicken pie were sample delicacies we loved), leaving enough room for the desserts, also laid out for you to drool over—pear mousse, walnut cake with 3 layers of walnut butter cream, and tortes galore. There are also lots of small wine bars, such as Ofenloch, filled with elegant Viennese lunchers and no tourists—except us (always a good sign), where we had delicious soup and strudel, and Brezelgwölb, an attractive and comfortable little weinstube. We stuck to local white wine with our meals, which was fine. You can order a quarter carafe, a perfect large-glass size. Another pleasant lunch was at the Palais Schwarzenberg, where you can eat outside under blue umbrellas, off rose and white tablecloths, facing fountain and statue-studded park.

FOR DINNER

The best deluxe restaurant we went to was the well-known Drei Husaren, a cozy post-opera place where we had Lady Curzon soup (light curry cream), calves brains with eggplant, and light-as-a-feather dessert pancakes. We also liked the Wegenstein-Weisser Schwan, an outdoor tavern-style restaurant where the specialty is suckling pig served with red cabbage and dumplings, and the restaurant at our hotel, the Palais Schwarzenberg, where we had delicious medallions of venison (a popular meat in Vienna) and fresh fish. The most famous Viennese hotel of all, the Sacher, lived up to its reputation for Sacher Torte.

HOW TO GET THERE

TWA flies nonstop to Vienna on Thursdays, Sundays, and Tuesdays.

WHERE TO STAY

The Palais Schwarzenberg, a hotel that's one wing of the Palace, home of the Schwarzenberg family, although about a 10-minute walk from the Opera House is beautifully situated in a park adjacent to the Belvedere Gardens. A room overlooking the park affords a wonderful view, especially at night when the statues and fountains are lit up. Other famous Vienna hotels are the *Imperial,* and the *Sacher,* both a stone's throw from the Opera House.

TICKETS AND TIPS

For tickets to the State Opera and Volksoper, write as far in advance as possible, if you want to be there for the Festival (mid-May to end of June) to:
Bundestheaterverband Bestellburo
Goethegasse 1
A-1010 Wien, Austria
Because of the value of the Austrian schilling, the average opera ticket costs $23.50. During the Festival, the Opera, Volksoper, and Theater an der Wien give a different performance nightly. ■

BOOKLETS
TO HELP YOU PLAN YOUR TRIP

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Information: Vienna provides all that's needed to get to know this city: facts on historic buildings, theatres, museums, libraries and archives, parks and fountains, churches, and an introduction to the history of Vienna. Sightseeing tours and excursions are also included.
2. Austria is smaller than New York State, but offers a lot to nature lovers. There are 20 wildlife reserves, zoological gardens, or bird sanctuaries; 20 nature reserves with rare or rock gardens; plus waterfalls and gorges. Discover more in **The Experience of Nature in Austria.**
3. A walking tour in Salzburg will take you to the birthplace of Mozart; in Innsbruck you can visit the Museum of Tyrolean Folk Art or the tomb of Emperor Maximilian I. . . . **Encounter Austria,** a 32-page booklet from the Austrian Tourist Office, gives details for excursions throughout the country.
4. Baden, near Vienna, has been a spa resort for more than 2,000 years. To liven up your health, or simply to relax in a picturesque setting, visit one of the spas listed in **The Austrian Spa Experience—A Different Vacation.**
5. Buy a Eurailpass for $260 and get one month of unlimited 1st-class train travel throughout continental Europe. Students under the age of 26 can get a Railpass for $230 which allows two months of unlimited second-class travel. Both passes are also valid for reductions on other means of transportation within certain European countries. Further details, plus a map of railways in Europe, are included in **Eurailpass Student Railpass.**
6. TWA's Getaway Europe is a 211-page collection of vacations, both escorted and freestyle. Spend 9 days in Europe, or spend 30; pay $465 or pay $2,298. Full details on 82 packages.
7. The Hotel Ritz in Paris, with 120 rooms and 45 apartments, combines Edwardian elegance and contemporary efficiency. English-speaking Michel and four other clock-round concierges will help you make all arrangements from sightseeing to couture showings, airline and restaurant reservations, hairdresser appointments, and give you tips on current movies and shops.
8. Japan Air Lines's **Tour Buying Guide** gives you facts at your fingertips for a variety of tours to Japan.
9. Orient & Pacific: Pan Am's World Tours lists 10 grand tours to the other side of the world. Visit Hong Kong, Thailand, Malaysia, and Singapore for as little as $322 plus airfare; or, take its "Best of the Pacific" escorted tour for 30 days and $1,387 plus airfare.
10. Hotel Hana Maui, on the island of Maui in Hawaii, is a secluded set of garden cottages near one of author James Michener's favorite beaches. The hotel offers tennis, golf, swimming, horseback riding, night fishing, luaus, and hula and ukelele lessons. Special family rates are available.
11. Spend a week in Waikiki for as little as $135 plus airfare—just one of American Express's packages listed in **New Images: Hawaii: Hosted and Escorted Vacations.**
12. There are 45 islands and 150 hotels in the Florida Keys, with more than enough opportunities for fishing and other water sports. Read more in **Florida Keys and Key West,** a small kit which includes a detailed fold-out map of the Keys.
13. Marco Beach Hotel and Villas—on a secluded island off Florida's Gulf coast—has 15 tennis courts, 2 18-hole golf courses, swimming pools, sailboats to rent, and a backyard of powdered beach.
14. Visit the Taj Mahal, explore a 2,000-year-old Buddhist temple, or ride an elephant in the Himalayas. **The Wonders That Are India, Nepal, and Bhutan** are colorfully featured in this 29-page booklet of Lindblad tours.
15. From Arizona to Vermont, there are tennis camps to fit your individual needs. Discover how you can play tennis with the pros on your next vacation or long weekend in American Express's brochure, **Tennis Unwinders.**

Circle the number of each booklet you want. Add 50¢ for postage and handling. Do not send stamps. Allow up to 4 weeks for delivery. Mail to: HOUSE & GARDEN, Dept. 2A, Box 3579, Grand Central Station, New York, N.Y. 10017.

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(Unsolicited Testimonial)

"My fingers were so cracked and bleeding I had them bandaged."

SUZANNE McCURDY—LUBEC, MAINE



Dear Sirs:

Geographically, Lubec is the most eastern point in the United States, and probably for this reason I had great difficulty in finding any Neutrogena Hand Cream. The day I finally made my purchase, two of my fingers were so cracked and bleeding I had them bandaged. Four days later they had healed and only a rough, dry area remained.

I realize that one type of cream does not always work the same with all types of skin, but for me, Neutrogena has been nothing short of a miracle. In the last twenty years...nothing even came close to relieving the cracked, bleeding painful skin condition.

Maine winters can be very cold, and this winter is no exception. We have had weeks of bitter winds with zero and below temperatures. I am outside a great deal as we do a lot of snowmobiling, and so far, my skin remains actually soft and free from painful cracking of the skin around my fingers.

...my unending thanks for a product that really produces, for me anyway.

Sincerely,

Suzanne S. McCurdy



Originally developed for Arctic fishermen, Neutrogena® Hand Cream is a heavy-duty formula which literally shields your hands, helps them heal. Medical tests show it helped clear up acute skin conditions within 14 days. **Your satisfaction guaranteed, or money back from Neutrogena. $3.**

NEUTROGENA® HAND CREAM

Neutrogena Corp. 1977





In 1904, Julie Kelly of the famous dance team of Kelly and Kelly lit up a cigarette in the wings of the Palace Theater in Atlantic City, New Jersey. 30 seconds later Kelly and Kelly became Kelly and Schwartz.



You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.



Fashions: Cerruti Femme

16 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report Aug.'77

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

)use & Garden
)ruary, 1978

Tradition the new connection

9 young designers and architects speak out

What does tradition mean

"**History and continuity** — which is what good design is all about. This doesn't mean that you borrow motifs or superficial embellishments. Good design develops from the core. It is a logical outgrowth, an important step from what was taken before." Peter Stamberg, furniture designer.

"**Solutions** to structural problems, worked out over the centuries. For example, scale of furniture, positioning of doorknobs. Modern design often lacks detail which can be inspired by tradition." Arthur Smith, interior designer.

"**Enrichment.** If everything were modern and slick we would be deprived of other age's sense of form, other people's energy and thinking." Russell Childs, architect.

"**Comfort and reassurance** in a rapidly changing world. There is wonderful *energy* to be found in American tradition. We have to learn to recycle tradition with wit and a sensibility that was in the original style." James Wines, architect.

"**Symbolism** that puts deeper meaning into our surroundings. Tradition helps us to better understand the whole of life's picture and lends the warm satisfaction of feeling the circle of life." Alexandra Stoddard, interior designer.

"**Craftsmanship** and all the methods that have been developed to make things. We must respect what's gone before, though we may seek to improve techniques. Tradition is the sum total of man's experiences. We cannot disregard human memories, attachments." Ronald and Victoria Borus, interior designers.

"**Emotional content** — in old brick, archways, various materials, shapes, and ways of assembling things. Today people realize that extreme asceticism and forms adopted by modernism can be alienating. We must be brave enough to abandon that logic and deal instead with intuition and feeling." Craig Hodgetts, architect.

Why use tradition today

"Cherished old things help to supply the **human touch.** Frequently we will design a functional, contemporary space and then finish it off with one very special piece of 18th-century furniture, a collection of Early American baskets, or surround a modern table with Colonial ladderback chairs." Lucretia Robertson and Donna Lang, interior designers.

"It has been tested and **it works.** As a man aware of the dollar, I appreciate knowing that a traditional item will retain its value and possibly increase in worth." George Anderson, interior designer.

"It gives us **table dining.** You cannot carve chicken on your lap or on a tray." Mario Lo Cicero, interior designer.

"At a time in architecture when there is a tendency to newness for its own sake, the framework of tradition is more necessary than ever to provide the **contrast**." Stephen Potters, architect.

"For an element of **surprise.** It keeps things from looking static in a room. Interesting juxtaposition is marvelous." Carole Mitchell, interior designer.

"To **replace the contact** with the human sensitive parts of life. I have finished a project in which I did a real 18th-century Georgian façade on a house. The space is organized in traditional ways that reflect the lives of the people living in the house." Gerald Allen, architect.

How to update tradition

"Find ways of using traditional symbols in a creative way. Use an antique piece of **furniture like sculpture** as an object to walk around and to control the space." Yann Weymouth, architect.

"Eliminate all patterns on period furniture and replace with **unexpected fabrics.** For example, Ultrasuede or artist's canvas on a Queen Anne chair. Treat the mantel as an objet d'art. Don't put anything on it. Then on the floor nearby, place a large chemical beaker with wood in it." John Saladino, interior designer.

"**Bleach floors** very light, or paint them for a more contemporary look." Robert Perkins, interior designer.

"**Shoot for larger scale,** use brilliant color. Never remove moldings, make them white, gray, or marbelize them. Keep floors bare, with painted or straw rugs." Mark Hampton, interior designer.

"Mix in painted chairs and tables in fresh lacquer colors, with traditional wooden pieces. Concentrate on uplights or downlights. Use larger, **more dramatic accessories** — two large terra-cotta urns sitting on a chest top, instead of tiny object collections." Harry Schule and Ned Marshall, interior designers.

"Use recolored, old chintz. Paint ceilings, sky blue or yellow. Paint woodwork in contrast to walls. **Be daring** and do it! Mario Buatta, interior designer

Discover



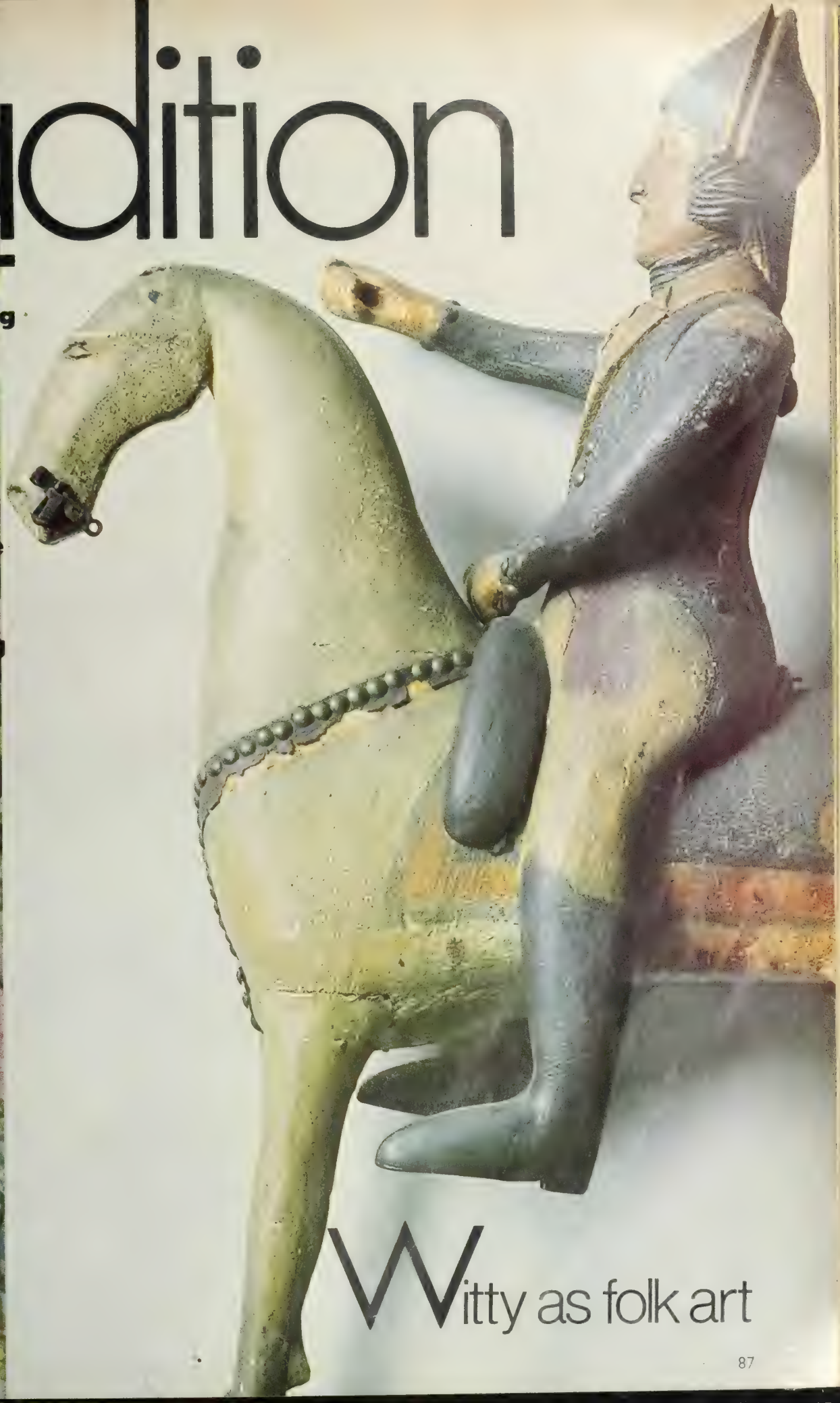
Romantic as a free-form bouquet

Left: Lavenders and pinks in a breezy bouquet of flowers gathered from designer Richard V. Hare's country garden. He frees the traditional bouquet, lets flowers float in their own spaces, adds a rustic dash of basket grass, black-eyed Susan. **Right:** George Washington rides as proudly now as in 1785 when this 2-foot-high statuette was carved. The general's arms swing (one hand once held a parchment scroll), his horse wears a brass-studded martingale. At the Shelburne Museum, of which you'll see more on page 110.

BEADLE

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Witty as folk art



american as the new apple pie

Above: Huge whole apples laced with caramel and piled into a braided pastry shell—a new version of a country classic. Apple tart dreamed up by caterer Devon Fredericks, who crowns it with a dollop of crème Anglaise. Recipes, page 144; shopping information, 196.
Right: 28 stars celebrate Texas statehood on an antique quilt as crisp as the geometrics in this contemporary bedroom. Sewn in 1845, it's an up-to-date favorite in art dealer Monique Knowlton's personal collection.

SUSAN WOOD DAVID MASSEY



modern as
a graphic quilt

The new living



a screen porch transformed into a living room with glass and color

How to turn a summer porch into a year-round room the whole family will enjoy: Fill openings with tinted double-glazed safety glass and build a ceiling-high bay window to enclose former screened-in areas. Lay heating pipes on the old concrete floor, cover with wide brown-stained boards. And warm up the whole room with earthy color. Designed by John Carey for Mr. and Mrs. George Kroh. To learn how to enclose a porch, see page 36.

RUSSELL MACMASTERS



oorch

It's a new-found room where you can live, eat, play, and enjoy the outdoor life indoors

The new living porch





easy fabric walls create a romantic tented room

A porch is a porch is . . . a tent? Why not? It can be charming and practical. Here, durable, water-repellent cotton duck, hung on simple aluminum poles set on brackets, becomes side walls and ceiling of an otherwise unenclosed porch. A ceiling light hidden under the center swag (slung low enough so it won't burn) bathes the whole area in a warm glow. For contrast, cotton chintz is used for pillow appliqués, chair pads, kick pleats for a tablecloth. At one end of the porch, *opposite page, top,* an old Victorian cot. Durrie rug from Jack Soskin. Designed by Linda Carbutt, Prudence Spencer, and Kate Wharton of Now & Then for The Boston Junior League Showhouse.



Simple materials cleverly used in a living-dining room

What is now a refreshing year-round porch used to be a large screened-in area with a gray-painted floor and an uninteresting white plywood ceiling. After screens were replaced with fixed glass panels, all it took was some inexpensive green canvas to make roll-up shades (they work on white pulley cords) and a tablecloth; green paint to fill the spaces between the ceiling beams and extend the look of the shades; a simple sisal rug; and lots of plants. Lighthearted Chinese lanterns are filled with bunches of tiny Christmas lights. Coffee table is fabric-covered plywood. Oriental porcelain pieces, all Imari reproductions. Designed by Ron Cacciola for The Junior League of Greater Bridgeport Showcase. BEADLE



WILLIAM [illegible]

flexible furniture turns a porch into a family room for living, dining, games

It's 60 feet long and only 11 feet wide—but this porch, now glassed in, works for living, dining, even Ping-Pong. That's because it's divided into three separate areas set off by four two-panel upholstered screens. In the center, a dining area with an umbrella table that further defines the space—and makes diners smile. On the easy-to-maintain plastic laminate table, a natural setting of terra-cotta strawberry jars filled with succulents, thick straw trivets for placemats, and Chinese straw clutch pocketbooks to keep napkins and flatware from blowing away. A living area with a hammock, wicker sofa and chair, sisal rug is at one end of porch; at other, gaming area with full-size Ping-Pong table. Designed by Robert K. Lewis for Designer Showcase for the benefit of North Shore Science

Country

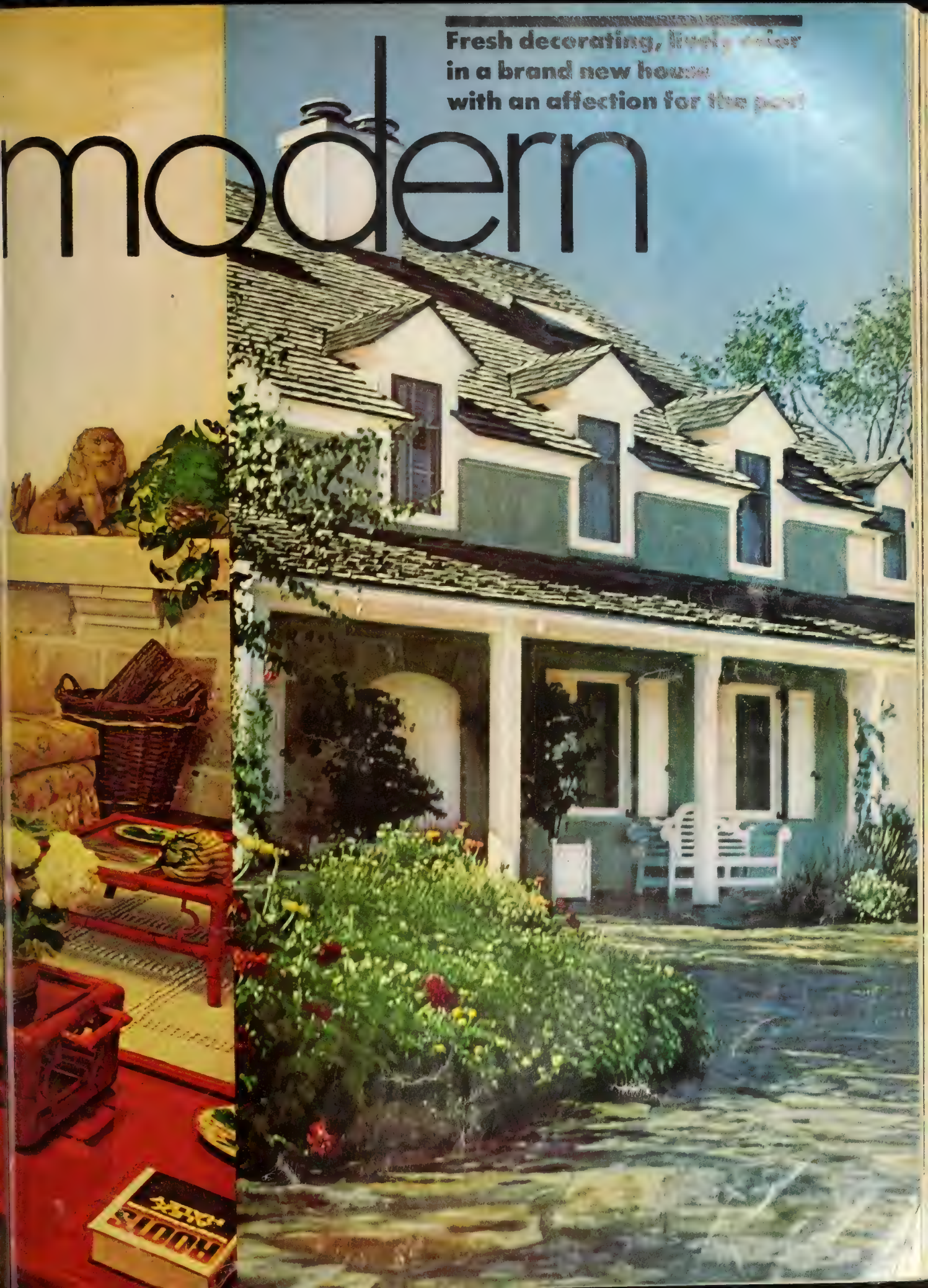


Traditional? Yes, but with a soft and sunny touch, a pretty amalgam of comfort and color in a house that would be at home anywhere.
Above: The living room, full of French chintz as tumbled with tulips as a garden in Holland, with scarlet lacquered tables perched like exotic birds. Bookshelves line the window alcoves.
Right: Clapboard, stone, wood shakes, gabled windows create an exterior with a hint of Cape Cod, a porch that's a suggestion of a neighborly Southwestern ranch house.

HORST

modern

Fresh decorating, lively color in a brand new house with an affection for the past



Country modern





a mixture of styles gives tradition a life

River Meadow Farm stretches for 25 acres in California's Napa Valley. It is the home of writer Pat Montandon and her businessman husband, Alfred Wilsey. "Because the Napa Valley is wine country," she says, "we almost built a French house, then thought no—we wanted something purely American—a mixture of traditional styles put together without incongruity." A tall order, but the architect and interior designer managed it, and the result is a house that could be put down almost anywhere in America and still have rapport with its setting. The building materials are all indigenous to California. "When an old wharf was torn down in San Francisco, we were able to buy enough of its timbers for beams, rafters, and mantels." There's a lot of paving, inside and out, of Palo Verde stone (a beautiful slate), and the driveway is made of cobblestones. "They came originally from our valley, were shipped around the Horn as ballast, used for street paving, eventually torn up, and now they've come home." Interior design: Michael Taylor. Architects: Charles Porter & Robert Steinwedell. Landscape architect: Lee Noel.

Far left: The entrance with its paved courtyard; gaps were left in the flagging for marigolds, pinks, gerbera daisies, and wisteria trees.
Left, center: A pair of beauties—Pat Montandon in a knockout of a caftan.
Left: In the dining room, wide planked floors, oak tavern chairs, oak and stone-based table. For table settings, Ms. Montandon likes eclecticism—Valentino plates, say, with centerpieces of flowering weeds and birds' nests.

HORST

Country modern









To make it on your own, use fresh colors, updated design

"When I'm asked if I collect anything," says Pat Montandon, "I say, yes—*people*. The entire spectrum. When I'm alone, I work. Hard. But you come to a stopping point, and then we entertain." There are three areas in the house for dining: the dining room, a sheltered terrace, and an open one by the pool. The table settings always reflect the Montandon love for bright happy colors—"I couldn't bear to live in a mouse-colored house—I love yellow and soft greens and pink." In the bedroom, *left*, pink is splashed with white, with a canopied bed and a sofa decked out in a checked linen—hot peony pink on a background color hardly stronger than a maiden's blush. "The vibes have to be right for me and my guests, and I find that people are more outgiving when they're surrounded by flower colors rather than tones that give the impression nothing grows. Any house, traditional or not, has to have life pumped into it, and that's how I do it."

Left: In the master bedroom, an update of traditional favorites, the rug is patterned in flowers and shells, a motif blown up from the original design. "It was too delicate. Now it's bold enough to stand up to the check. The white chair was designed by Syrie Maugham. Original, and a rarity."
Far left, top: The pool terrace and its breakfast table. "All the yellow things came from a discount shop."
Left, below: The luncheon table. Old English table, pine benches, a pink cloud of impatiens.

HORST

Discover tradition

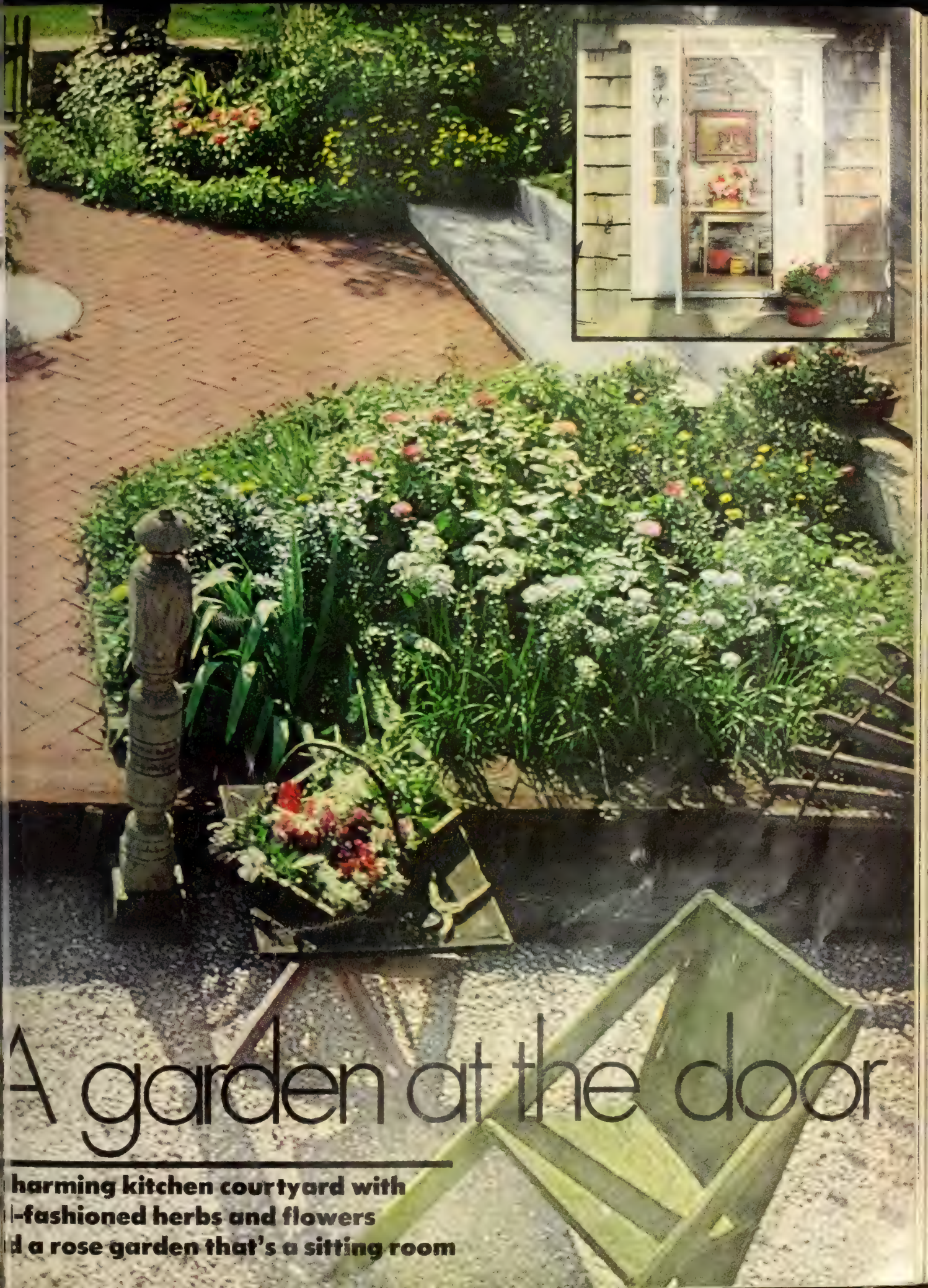


Here's a garden to delight the collector in all of us—full of old-fashioned herbs, roses, and even an assortment of American folk art, all surrounded by an old, salvaged, gray picket fence. Best of all, it gives Mr. and Mrs. Serge Gagarin a pretty view from the back windows of their 1735 Connecticut house. Set around a brick terrace are four neat beds, each edged with alpine strawberries and flecked with nasturtiums, marigolds, and zinnias. Two of the beds hold culinary classics—basil, sage, tarragon, sweet woodruff, and alliums; another has medicinal plants—rue, wormwood, and lady's-mantle. The fourth is for amusing plants that catch Mrs. Gagarin's eye—this year's find was a thistle, "pretty in May, but by fall it was so prickly and mean you couldn't talk to it." Alongside the brick terrace is a pebbled rose garden, the Gagarins' favorite spot for sitting with guests.

Above: Garden with weather vanes, country furniture, and a fence from the dump. Landscape architect, Agnes Selkirk Clark.
Right: The rose garden, with Westport chair (c. 1850), Portuguese rake.
Above left: Mrs. Serge Gagarin fixing garden flowers.
Top right: Flowers and a primitive still life at Banks House Antiques, Mrs. Gagarin's Fairfield shop.

BEADLE





A garden at the door

harming kitchen courtyard with
l-fashioned herbs and flowers
d a rose garden that's a sitting room

The pursuit of

How to find the joy of being yourself

Sometimes all it takes is a gentle sifting through your personal traditions. BY PHYLLIS THEROUX

There are, in this world, certain human beings who seem born to be followed by everybody else. They have éclat, uniqueness, an ability to look at a piece of Swiss cheese and think "wallpaper pattern" while the rest of us are thinking "sandwich." They are individualists, and lest one conclude that individualists are hard to find, I would like to say that an 8-year-old I drive to school every morning already qualifies. Of course, at the age of 8 originality tends to breed contempt and to date nobody is following her anywhere, but many an individualist has started out that way.

For reasons best known to her Creator, Lindsey is simply not like every other child in her class. She is a dreamer, a hope-holder, a cockeyed optimist who doggedly hangs on to Santa Claus in the face of the evidence. She thinks that today is wonderful even though yesterday was a documented disaster. When asked what her favorite thing to do is, she replied "car accidents." Why, "Because I love to skid."



Artist Georgia O'Keeffe, a famous individualist.

DAN BUDNIK

For all her exuberance and unreasoned faith, Lindsey does not operate blithely above the opinions of her peers. Peers are her toughest problem, and she regularly marches up to those early bloomers with thicker braids, starchier ways, and brighter prospects and asks them outright, "Do you like me?" It is a heartbreakingly honest approach to life, the out-of-sync maiden researching playground goddesses for ways to self-improve.

We do not begin our search for individuality hoping to find it. Quite the contrary. Children can be transparently eager to join the Party of Otherness, where their oddness can be absorbed by a larger group and they can experience the security of being exactly like everybody else.

There are many times when adults would love to be somebody else, too—to trade places with another person who could do what we can't, be what we aren't. Yet while I marvel at Katharine Hepburn's ability to step on the gas and speed through life's sticky intersections without apologizing to every pedestrian along the way, she might marvel at my ability to preside over a birthday party at McDonald's. Our talents are unequally distributed, and while I might be tongue-tied on her stage, she might have the same paralysis of spirit on mine.

To be somebody else is not a true option, and while the pull toward "otherness" is as natural as moon drag, we possess indissoluble borders, and there is no one living who has not endured the sharp sorrow of separateness at one time or another. We are our only tenant. What we do with this realization depends upon how at ease we are with the tenant inside. Who is this person?

We begin by not knowing. We are form, encumbered by excess clay, that wants to be released. Mind, heart, intuition, muscle—our natural powers are more potential than actual and the dream that flickers in the midst of this form is ill-defined. Yet the dream persists, looking for a home.

I grew up in a family that, God help us, envied excellence. This is not to say that we all became excellent. But excellence hung in the air, like the keen scent of a joss stick burning in a hidden room, and while there were no blueprints handed out, it was strongly implied that there was more to life than plotting the expansion of one's cashmere sweater collection.

Chinese brush painting, meditation, competitive tennis, the recorder—these were some of the forms that excellence assumed, but when one of my aunts remarked that "I think you are going to lead a great life," I didn't know whether she meant microbiology or a career in the movies.

Nothing was clear in those early days except my eye, which continually col-

Phyllis Theroux is a Washington-based writer who contributes frequently to *The Washington Post, The New York Times,* and national magazines.

ndividuality

med the fact that I was surrounded by le-setters who wouldn't cough up their crets. The world was full of grace, wit, sdom, and general superiority, and I ew I should have at least one of these rses in my stable before riding out into at world. It was some years before I alized that my horse was me.

"I am a dancer," wrote Martha Gram. "I believe that we learn by practice. Whether it means to learn to dance practicing dancing, or to learn to live practicing living, the principles are e same. In each it is the performance a dedicated precise set of acts, physil or intellectual, from which comes ape of achievement, a sense of one's ing, a satisfaction of spirit. One bemes in some area an athlete of God." There is no major field of accomplishent that lacks athletes. Margaret Mead, llian Hellman, Leonard Bernstein—ese are individualists who stand like nes against the sky, sharp, stylistic nonnformists who are one of a kind.

Yet beneath the nonconformity runs mething quite opposite. What separes the individualist from the rest of lies in the exquisite harmony that ists between the inner self and its outer pression. One conforms to the other th disciplined loyalty, and the result grace.

Loyalty is a virtue that doesn't always ve one well. As a writer, I have been cessively loyal to an opening paraaph and spent days trying to connect with a body of thought that simply reed to be joined. What I cherished got the way of what was true.

One can be loyal to an ideal lifestyle d spend years trying to wrench circmstances around to conform to it, only discover that circumstances have a life their own and what we *wish* were real esn't change what *is* real.

We are all loyal to particular pieces of niture, certain colors, specific people, nds of music. We are warehouses of valties that we honor every time we go the dime store and choose new dishvels. I always pick blue gingham, if ailable. Blue gingham constellates a axy of memories (beach, ocean, the t placemats in my first house) that nfirm me.

Loyalty to oneself is a far more difficult task. That self changes. We expand, ntract, discover, become confused. rcumstances have a way of ganging up, ich tends to refute our powers at the y moment we should be forcefully elding them. To retain what we hold

Continued on page 130

Here's a rewarding way to get back to your roots:

Collecting American folk art

Where to find it
How to collect it
Expert tips to help you judge quality,
BY PAULA RICE JACKSON



Abraham Lincoln painted in 1975 by artist Malcah Zeldis, is one of the best examples of contemporary folk art.

The collectible today is American Folk Art. Just exactly what that is is open to interpretation. Scholars, curators, and collectors recently met for a symposium at the Brandywine River Museum in Chadds Ford, Pennsylvania at which this question was widely discussed. Like the Constitution of the United States, it is subject to broad and narrow definitions. Robert Bishop, Director of the Museum of American Folk Art in New York, offers his definition: "We think of it as pieces made by American craftsmen who were untutored in the scholastic traditions of art. They worked in the 17th, 18th, and 19th centuries with methods inherited from Europe but with an artistic vision very much their own. American Folk Art's impact comes from its freshness, vitality, and very often, its humor." American Folk Art was also functional; a painting of a house or farm or a person also served as a document. Craftsmen made things that were to be used and lived with. They relied on their inventiveness with the materials they had at hand and combined it with a shrewd sense of the tightfistedness of their customers. Values not unlike those we are living with today—which may be one explanation of folk art's wide popularity.

There may be as many as forty different collectibles that fall under the heading of American Folk Art: carved wood decoys from Maine, cigar-store Indians from Virginia, New England scrimshaw, weathervanes, baskets, Amish quilts, saltglaze pottery, redware, painted furniture, the portrait and the Fraktur painting of the Pennsylvania Germans — a rich field for the dedicated treasure hunter. Mrs. Lucy Danziger, who's a trustee of the Museum of American Folk Art and director of its Docent program, puts it best: "You can make a collection out of absolutely anything as long as it has a strong appeal to you. I've been interested for quite some time and I'm still learning about all the different things people collect. I met a woman recently who collected 'whimsies.' Whimsies? I'd never even heard of them! They're small toys made by sailors, whalers, and whittlers that are carved from a single block of wood. Some are phenomenally intricate!"

Some far-sighted people began collecting folk art seriously about forty years ago. The Abby Aldrich Rockefeller Folk Art Museum in Williamsburg, Virginia and the Shelburne Museum in Shelburne, Vermont (see pages 110-115) house wonderful examples of what concerned collectors found and preserved. Today there is still a homogenous blend of things to find all over America—we took our belongings with us as we moved farther and farther west.

How do you begin a collection? The first step is getting exposure. Find out

Continued on page 130

Discover tradition

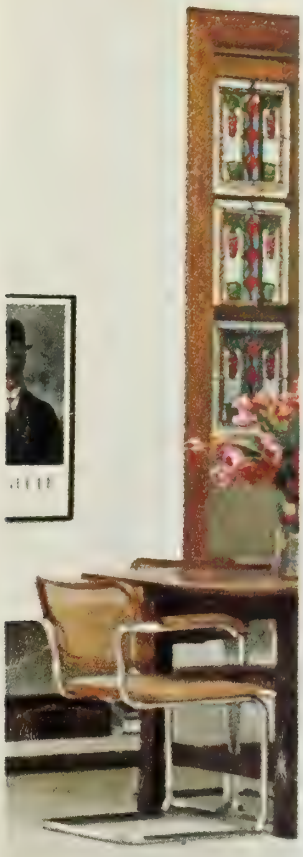
Remodeling



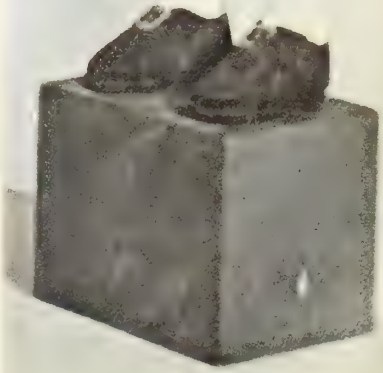
a new slant

n ingenious
partment where
emorabilia and
lk art enrich—
nd are enriched by—
sensational
ew setting









The layout could hardly look more modern—walls on the diagonal, large-scale, simple furniture, recessed lighting. But another century is at home here in a fascinating collection of English and American memorabilia. Interior designer Ann Hartman removed all the interior walls of this old city apartment to make space and light and display the collection.
Above and opposite: The living room, formerly two rooms, now runs the length of the apartment and has two working fireplaces and windows stripped to their natural wood. Behind the modular sofa, free-standing walls conceal a bar and the dining room beyond, where a stained glass hides view.
Wood Pilgrim from the American Folk Art Shop, Washington. Living room furniture chosen by Lee Bailey.

ROBERT LAUTMAN

Remodeling—a new slant

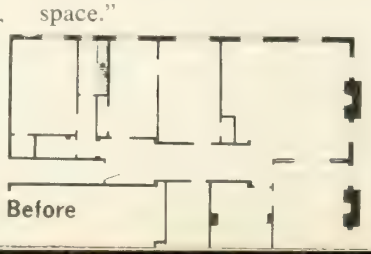


ROBERT LAUTMAN

New diagonal partitions set off living areas, keep space flowing

The apartment originally had lots of small, dark, boxy rooms. The task was to make it as open as possible. The owners, both writers, wanted space that looked like a loft, yet was private. Designer Ann Hartman's ingenious solution was to start fresh by replacing all the walls except the outer shell with new white-painted partitions on the diagonal. At once the space became larger, lighter, and more open (see floor plans, *right*). "A diagonal line is longer; you get the whole length of the place," she explains. She also built cantilevered storage under all the windows to hide radiators, conceal speakers, and make the new open space look more unified. All the rooms seem to flow into each other, yet a sense of privacy is achieved. The bedroom and study are intentionally remote from "public" areas, and partitions are positioned so that the study, *above*, for instance, may be cluttered with books and papers that cannot be seen from the living area. The white sculptural shapes and walls make a strong background for the 19th- and 20th-century English and American advertising and trade signs scattered throughout the apartment. "I think one of the reasons it works is because of the play between the two scales," says Ann Hartman. "The small, intricate designs of the traditional pieces contrast with the large areas of white, light space."

Above: In the study at the far end of the apartment, the desk area is like a room within a room. On the left wall, an Early American quilt. On the right, a wall of books and tapes.
Opposite page, top left: In the bedroom, off-white bedspread and Italian lounge chair; white Formica cube tables. On right, plastic Swiss Army knife sign.
Opposite page, top right: The dining room, warmed by an old applewood table and Breuer chairs. Behind them, marble-topped counter opens into the free-standing kitchen, with doors that unfold to screen cooking activities.
Opposite page, bottom left: The dining room, looking toward the living room, showing free-standing sculptural walls that conceal the bar.
Opposite page, bottom right: In the bathroom, quarry tile makes a step up to the tub. Mirrored rear and side walls hold shelves of plants.
Plans below: In the original layout, rooms were small and boxy. New plan shows diagonal walls that open up space.













Discover traditio

THE SPIRIT OF AMERICAN



If Colonial decorating and endearing old crafts have a fresh appeal for today, the Shelburne Museum in Shelburne, Vermont deserves part of the credit for making folk art come alive. The museum is a group of historic old buildings filled with collections of Colonial pewter, glass, toys, quilts, paintings, and furniture. It was established in 1947 by a passionate collector, Electra Havemeyer Webb, and her husband, J. Watson Webb, who wanted to save old houses of Vermont. Now more than 135,000 visitors come each year between May and October to be charmed by the "collection of collections."

Above: A foyer fireplace welcomes you to Stencil House (1790). Here, wood-paneled walls are decorated with painted grape and grape-leaf patterns.
Right: Porch of the Stage Coach Inn.

FOLK ART

Handcrafts beautifully preserved in a New England museum





AMERICAN FOLK ART

The museum began as a way of housing the Webb family's collection of antique carriages, but from 1947 to 1955 it blossomed as more buildings were found and transported (some stone by stone) to the site, and other collections were donated to fill them. The museum's folk-art collections are housed in the Stage Coach Inn, which was brought from Charlotte, Vt., and, like the other restored buildings, given a new life at Shelburne. Its original proportions and room layout were discovered during the move, and craftsmen were able to reassemble it, ballroom and all.

Above: This snappy crow introduces you to Dorset House (1840), which holds the museum's decoy collection. Decoy carving is virtually the only American folk-art craft that survives unchanged today.

Right: Stout crocks and jugs of saltglaze pottery with their traditional blue designs.

Crows, crocks, and cigar-store Indians—from a time when speed-limit signs said "Horses at a Walk"

1. A magnificent Staffordshire punch bowl on the table in the Variety Unit's breakfast room.

2. Poised on a beehive, a gold-painted eagle from the early 1800s presides over the grand ballroom of the Stage Coach Inn. Its wings span 16 feet.

3. An honor guard of cigar-store Indians greets you at the entrance of the folk-art collection in the Stage Coach Inn. Tobacco stores, tea shops, and newsstands bought sculptures for $25 to $125 as store-front characters.

4. The kitchen of Stencil House is unusual for its single color, which covers the whole room—floor, walls, and staircase.

5. The parlor chamber of Dutton House (1782). A "stumpwork" embroidery hangs over the bed. In stumpwork, bits of wood were used to stuff raised embroidered figures. This subject is Biblical Judith.

6. American pewter in the Harvest Room of Dutton House. Amber and brown glazed Rockinghamware urn and deep baking dishes on pine table under the window.













AMERICAN FOLK ART

Most popular motif is the eagle—symbol of sovereignty



1. One of Mrs. Webb's great joys was collecting toys. This "Crazy Cat" or "Calico Cat" rocker shows why. Her wide-ranging collections are shown in a house called The Variety Unit.

2. The kitchen of Vermont House (1790). Two cats on the wall are made from six tiles each of Delft; by the window, a Hadley chest, the kind carved by fathers or brothers for their daughter's or sister's dowries. It is covered with carvings that symbolize medical herbal folklore.

3. A gathering of eagles, the most popular motif in Colonial American decorative art—in a hallway of the Stage Coach Inn.



4. Dining room of Vermont House. Antique French wallpapers were used to give this room the feeling of a sea-captain's house. The table is set with antique Waterford crystal and Whieldon china.

5. Parlor of Vermont House. Queen Anne secretary by Benjamin Burnham and chair by William Savery of Philadelphia.

6. A low-hanging ball outside the Stage Coach Inn was the driver's signal to stop for passengers, or, as here, to "highball through."

7. Hale little militiaman is late 18th-century painted wood. He's 26 inches high, carved in one piece, by an unknown artist.



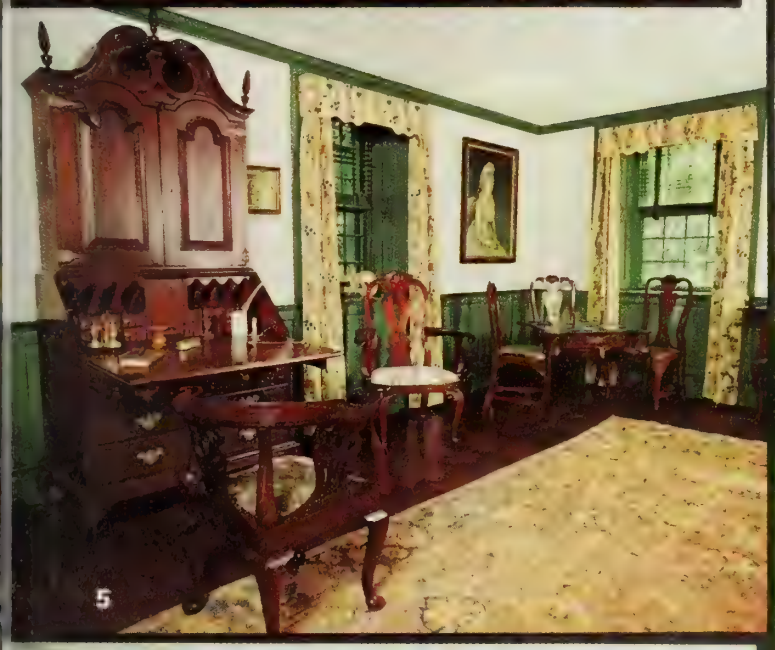
8. The dining-room chamber, which takes its name from the room directly below it. There are no "period" rooms in Dutton House. Selections imitate the natural accumulation of living.

9. "Before the cock crows twice shall ye deny me three times," was a quote of great importance to the Colonial Christians who carved these roosters.

10. The breakfast room in the Variety Unit is papered with one of Mrs. Webb's antique wallpapers.


2


3


5


6




10



COMB PAINTING

FOLK ART YOU CAN

With acrylic colors and a piece of cardboard you can do a free-spirited revival of an Early American craft

Comb painting makes waves—and you can, too—on zigzag buckets, criss-cross boxes, herringbone trays. All you need is a cardboard comb, some bright colored paints, and a fanciful sense of fun.

American colonists began comb painting nearly 200 years ago to imitate—but in an offhand way—the more elaborate finishes of European furniture. Disguising their simple wooden tables and chests with painted designs, they created some of the first examples of Early American folk art. Today, artist Luis Molina updates the techniques and designs of these spirited pioneers with bright Matisse-like colors and modern tools. The result is a craft, as easy as finger painting, that creates exciting decoration.

To create a combed effect on any smooth surface, undercoat with enamel, let dry overnight, then cover with a contrasting coat of acrylic paint, section by section. Working quickly, wiggle a cardboard comb through the wet overcoat. The enameled undercoat will show through to create a design. Complete instructions and a list of materials begin on page 152.

Opposite page, above and below: Comb-painted mirror frame, footstool, covered Shaker boxes, trays, buckets by Luis Molina. Camath bench. **Left:** Cardboard combs. The width and spacing of teeth is varied in order to create different effects. **Center:** Ginger Ingels combing her bucket, section by section. **Right:** Lisa Pitasi giving bucket green enamel undercoat. **Below:** Jeffrey Browne, Avery Bourke help.







CHRIS REINHARDT





Rebirth of the bath



Now a glamorous new room for living, with delicious colors, sensuous materials and the new liberated tub

The bath as sculpture: The owners' big wish, "a tub as comfortable as a chaise longue," here set off in its own peninsula, with plumbing hidden—but accessible—in a storage cabinet with rounded corners. Above a terry cloth-covered chair, a Rauschenberg collage. For privacy, windows have double blinds—matchstick over an inner ecru scrim. Satiny sunshine for walls: washable lacquer-finish paint. Everywhere soft colors, soft shapes.

Above: The wool-carpeted bath in Paris, designed by John Stefanidis.
Top right: Over the sink, a yard-wide backlit mirror. Towels warm on bars that ring radiator pipes. A dressing corridor leads to bedroom.



A jewel of a bathroom like a hall of mirrors where copper (specially varnished so polishing is never necessary) is used as romantically as satin to cast a flattering rosy glow. The big focus is the angled tub wedged into a bank of corner cabinets, which frees extra wall space for cabinets and closets, and forms a ledge for crystal and flowers. The bath is space-efficient and meticulously crafted to seem much larger than its 10-by-13-foot space. To right, door to sun terrace.

Above: The bathroom in Milan, gleaming with copper and mirror. Designed by Filippo Perego.
Top right: The sink, beneath the other corner window. Pratesi towels.

DAVID MASSEY

A house with vision



TOM LEE

Here's a new way to live with nature—in an ecology-minded house that uses modern technology to tune itself in. Situated to be warmed by the sun in winter, it has two solar heating systems built right into its south side, *above*. In summer it's shaded by natural foliage, is equipped with air intake and output vents to capture cool breezes and keep the air moving. And the house has a brain to report on itself and its surroundings: The computer, *right*, can tell the occupants how the house is functioning —the temperature inside and out, light intensity, wind stress, even sounds. This information, recorded in electrical signals, will be used to perfect all the house's energy-saving systems, and converted into entertainment—electronic music. The mastermind behind the remarkable house is Mike Jantzen, who calls himself a conceptual artist. He and his wife Ellen built it and designed most of the furniture.

Above: On the south side of the house, sunlight pours through center bubbles to warm the house directly. Collector panels to the sides and under the windows absorb more heat. House is constructed of wooden arches and steel siding from Republic Steel. **Right:** The Radio Shack computer, here in the bedroom on Mike's "computer scooter."

A remarkable place to live, where the oldest ideas look Star-Wars new, and advanced technology is at peace with the land



Meet the computer that monitors the environment—and makes music

A house with vision



Get aboard the energy cycle: the ride way to pump water, chop wood, grind grain, and recharge batteries

In this house, as in nature, nothing is ever lost or wasted. Gardens provide home-grown food, and water and waste are recycled to keep the gardens growing. Water is carefully conserved by high-pressure nozzles and by a special biological toilet. The shower, a garden hose equipped with a turn-off valve, uses 2½ gallons of water per shower instead of the usual 50. Nature warms the house in the cold Illinois winters and cools it in summer. Heat coming through the living room's bubble windows is absorbed by the brick floor in the center of the living room, *opposite page,* which returns it to the room. Such direct heating is called a "passive" system. To the sides of the bubble window, built in solar collectors (the stripes on the south side of the house) form the "active" solar system. Heat from the sun is pumped through air ducts with a low-voltage electric blower into rocks under the wood floor, where it is stored. The solar collectors are made from the same steel siding used to cover all the curved surfaces of the house—but painted black and enclosed in fiberglass (the only extra cost of collectors). Water, too, is heated by the sun, through solar panels below the center bubbles, and stored in a tank in a closet off the living area. For periods when the sun doesn't shine, there is an efficient back-up system: a double-combustion wood-burning stove, *opposite page.* Most fireplaces lose 70 to 90 percent of their heat up the chimney, but this stove is airtight. On a zero-degree day, it should only have to be filled once to heat the house. A wood cart Mike designed to fit under the kitchen counter is used to bring logs in from the wood storage built into the north side of the house, *opposite page, top.* The air is kept moving by modern versions of the attic ventilator: rooftop turbine vents that pull out warm air, draw cooler air in through vents near the ground, *below left.* Herbs planted in strategically placed beds, *left,* contribute their fragrances to freshen the air and repel insects. Human energy doesn't go to waste either: The Jantzens put their exercise sessions on the energy cycle to work doing household chores.

1. Mike pumping water.
2. Round bubble windows by Rohm and Haas let sun in; visors keep cold out.
3. Turbine vents on roof.
4. Entrance to Mike's studio.
5. North side of the house with wood storage, *left,* and food pantries built in on right.
6. Deck outside bedroom.
7. Relaxation nook off living room.
8. Central living space.

In the herb gardens, nature's air fresheners and pest repellents near an intake vent





TOM YE



he salad wall;
edible shade for
he upstairs bedroom



6



7



8

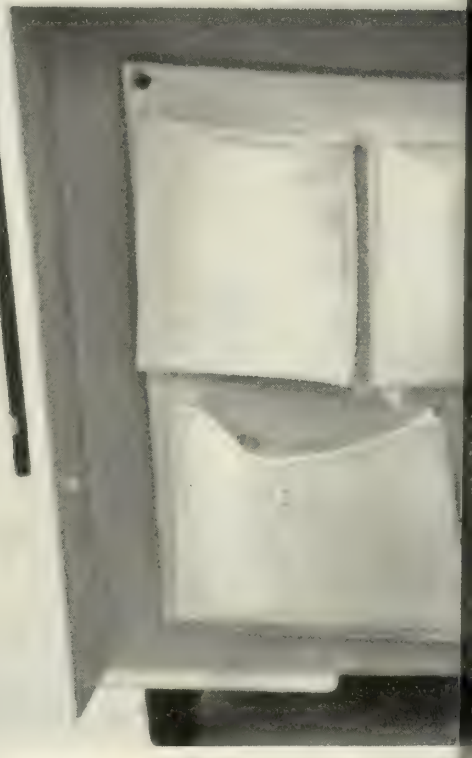
Brick insert
in the floor
holds solar warmth

A house with vision


1

Idea from the astronauts: a space-blanket bed tent for extra warmth





Under the bubbles, solar collectors for hot water

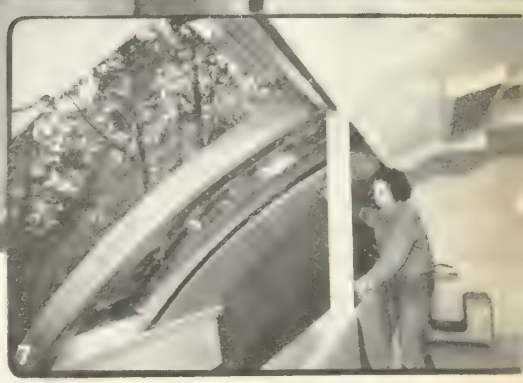
TOM YEE


3


4







Throughout the house, ingenious storage in pockets, under tables, in and on the walls

Following another of nature's good examples, Mike designed his house to grow. His and Ellen's studios (one on each end of the house) can be pulled away from the central core, and more wood arches added to expand the living space. Moreover, Mike says, "each section can be closed off to conserve heat and provide privacy." The bedroom, on an open bridge above the central living space, can be closed off with insulated panels and Mylar flaps—the same material used by astronauts for space blankets. All curved walls and ceilings are foam insulated and sprayed with a brand-new, fire retardant wall material. In the kitchen, *bottom left*, a host of energy savers—a high-pressure nozzle on the kitchen sink, gravity-fed by a water tank on the second level; a roomy Amana refrigerator that runs on as much electricity as a 75-watt bulb, and a kitchen stove that runs half on gas, half on wood. Ellen uses the warmth from the stove's pilot light to dry herbs and spices from the gardens. Formica-topped plywood dining table has flip-up leaves that reveal storage for dishes. And when it's time to wash up, the table can be wheeled to the sink. Everything built of low cost, easy to maintain materials like birch plywood from Champion Building Products.

1. Above studio window, an insulated Mylar-covered panel. **2.** South side of the house, designed to soak up the sun. **3.** Corner kitchen with wood cart under counter. **4.** Functional sculpture—folding chairs on wall. **5.** Live and on video tape—bed with built-in tacked-on storage. **6.** Panels reveal collector backs. **7.** Mike pulling insulated panels across bedroom opening. For another Jantzen solar house, see House & Garden, October, 1975. More on building materials, page 196.

Living



with a point of view

How a family that cooks and gardens together shapes a personal lifestyle from a love of simple things



A canary sings exuberantly after a large lunch; cats snooze by the fire; seedlings sprout in window-seat greenhouses and the scent of wood smoke fills the air. This is the live-in country kitchen of Caroline and Terence Conran. She writes cookbooks, he the best-selling *The House Book*, and more recently *The Kitchen Book* (Crown). And with his new store called Conran's, they're bringing their ideas to America.

Above: Kitchen shelves filled with cookware, jars. **Left:** Wine cellar "satisfies the squirrel instinct." **Opposite page, left:** The Conrans in their garden.

ROGER STOWELL

Living with a point of view

When you believe in simplicity, quality, and low prices, your ideas are bound to catch on

Sunday lunch at Barton Court, the Conrans' weekend house: cold fresh salmon trout with mayonnaise, roast pork with lentils, fresh watercress salad, cheese, white wine. She cooks while he talks, or the roles may be reversed—both are food experts. He started as an apprentice chef in Paris: "I cook a lot, but not ahead." She has written several cookbooks and translated the British edition of Michel Guérard's *Cuisine Minceur*. Children, theirs plus friends', run in and out. There's plenty to attract them outdoors—22 hens, 8 geese, 2 horses, 3 ducks, 2 rabbits. And 3 huge greenhouses in 2 acres of vegetable gardens provide a ton of tomatoes, eggplants, peppers, melons, berries, asparagus, herbs. Before the Conrans bought the 1772 house it had been a school, and before that a grand country mansion. What was once a 50-foot billiard room is now their kitchen, with a white-tiled, teak-countered cooking island between dining and cooking areas; its huge aluminum hood provides ventilation, hanging space for pots, and light. "The kitchen serves as a firing range for recipes and equipment that later go into our shops."

Caroline Conran, *left*, cooks on her Aga oil-fired stove with four ovens. "The kitchen serves as a firing range for recipes and equipment that later go into our shops." Terence Conran, who believes in simple, classic, inexpensive things, owns 36 Habitat stores in Britain, France, and Belgium. His first American venture, Conran's, recently opened in New York City. In it you can find a dazzling assortment of things for the kitchen and the whole house, all casual, modern, and lively.

ROGER STOWELL



pping for the kitchen in Conran's New York store:
left: Heavy-gauge 2-quart aluminum kettle. Aluminum
t, good for making preserves. Aluminum 3-quart
pan with wooden handle. Tin roasting pans.



New for wine, a metal rack that holds
bottles, foods that for storage



Two-tier shelf with
apothecary herb jars



ry-home, build-it-yourself kitchen storage,
with stainless steel tops and sinks. Combinations
ndless. Battery-operated wall clock.



Pottery, *from left:* 2-pint casserole. Parsley
pot and saucer. Glazed serving dishes.
Cork-stoppered spice jar, salt canister
4-pint jug, 4-liter casserole with handle

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eat for birds.



WILLIAM P. STEELE



Hand-thrown, hand-glazed pottery with
earthy look, blue flower decoration.



C
left: 2-pint churn
ug. White por-
elain bowl. Pâte
tureen that holds
1-pound pâté. Oval
platter of oven-to-
table vitrified
ceramic. Glass
coffee pot with
plastic handle.
Oval pastry dishe
pie plate. Mixing
bowls. Shopping
information,
page 196.

Joy of being yourself
continued from page 105

dear without dishonoring what we hold true involves a certain courage to forfeit security and gamble on our intuition.

What is important, and what is not? Can't we compromise? Or must we decide between two important values, and suffer the consequences? In one sense, we are all supposed to be selfish, all the better to know what we are capable of giving everybody else. To maintain individuality, we must continually resist the temptation to be absorbed by others, at the expense of ourselves. We must accept the responsibility of being at the hub of our own life, instead of attaching ourselves to the wheel of somebody else's.

"What can you say," questioned 90-year-old artist Georgia O'Keeffe in a recent interview, "to visitors, especially aspiring artists? 'Go home and work!' or else 'Nobody's good at the beginning.' I used to think that somebody could teach me to paint a landscape. I hunted and hunted for that person and finally found that I had to do it myself."

The individualist, in maturity, always comes to that understanding in the end. And while the process of maturing is a firing action—a back-and-forth movement between the cool world and the hot spirit, there comes a time when imitation can give way to innovation, self-improvement can yield to self-acceptance, and we are finally at home enough with our tenant to give it room to operate. And while practice makes for perfection, to momentarily grasp the reality of being oneself makes for joy. When we experience the alignment of dream and reality, when the parts add up to the whole, the sorrow of separateness gives way to the triumph of self-possession. Joy is the overflow. The tenant within dances.

"There is a vitality, a life-force, an energy, a quickening that is translated through you into action," wrote Martha Graham. "And because there is only one of you in all of time, that expression is unique. And if you block it, it will never exist. The world will not have it."

One of the fringe benefits of a clear eye is discovering just how many people have not blocked that expression. There is an entire group of individualists who work out of my local gas station. The manager of the neighborhood market positively roars with uniqueness. And, just the other day, while standing in line at the post office, I watched with silent amazement as the man in front of me picked up an envelope, licked the upper right-hand corner, and then carefully placed a dry stamp on the wet paper. Who would have thought of it? Not me. But when a chance scrap of individuality blows across the pavement, I cannot help but dance on its behalf.■

American Folk Art
continued from page 105

what you like specifically by seeing everything you possibly can. It costs nothing to look in the dealers' galleries and very little to go to the museums and the lectures many museums offer. "The way to develop your eye," says dealer George Schoellkopf, "is to compare and compare and compare. Look at everything so that your tastes become selective and your natural affinity for certain things surfaces. Besides, it's fun."

Cyril I. Nelson, an editor at E. P. Dutton of many books on the American decorative arts, suggests that you put your trust in dealers. "Dealers are phenomenal sources of information. You needn't feel embarrassed about taking up a dealer's time with your questions about the history of a piece that interests you. You'll find that generally people are delighted to talk to you about the things that interest them. Use a dealer like a reference book and use his expertise. It may, in the end, benefit you both."

Mr. Schoellkopf offers an interesting word about making your first purchase in an area that feels new and strange and therefore risky to you. "Buy your first piece as if it were to be the standard for all the pieces to follow. You'll learn so much by acquiring an authentic painting, carving, quilt, or whatever you've decided on. This first piece will help you establish a more confident and critical basis from which to judge and select your later pieces. Your tastes may change but the quality of what you've assembled won't and that's encouraging."

Auctions, country fairs, antique shops, galleries, even department stores have American Folk Art for you to look at, learn from, and buy. Alas, Grandmother's attic may not. This most original source has been fairly well scouted by the professionals. If you think, however, that you just *may* have something, take it to a responsible dealer who can then advise you about its authenticity, its history, its value, and how you might be able to build a collection around it. Quilt dealer Phyllis Haders of Phyllis Haders, Inc., is sent quilts from all over the world by owners who hope their family heirlooms are really heirlooms. She judges a quilt for color, proportion, design, the execution of the needlework, the overall condition, and the abstractness of its design. These considerations

Continued on page 120

Opposite page: A refreshing dessert of apricots, strawberries, and grapes layered in a white wine-flavored jelly. Created by Maurice Moore-Betty, see recipe, page 133. Creative Glass Soufflé Plus dish by Corning. Shopping information on page 196.

Cure For The Common Kitchen, 50¢



Ceramic tile can transform an ordinary room into something very much out of the ordinary.

And our new book will give you all kinds of ideas for using it. In every room of your house.

Ceramic tile. It can make your kitchen look good enough to eat.

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We have achieved excellence by creating a modern self-cleaning cooking system incorporating five (5) basic cooking methods: microwave, conventional, microwave and conventional simultaneously, broiling and microwave broiling. The whole system is neatly designed into one contemporary kitchen appliance to save your space and time.

The Thermador CMT-20 Microthermal Cooking System

This is not just an oven. It's a self-contained full size cooking system. A Micro-Thermal oven above and conventional oven below that are both self-cleaning.

Three microwave power levels for flexibility depending on the type of job the upper oven is doing. Defrosting is made easy.

Micro-Thermal upper oven can be operated with microwave and conventional cooking modes simultaneously even while the lower conventional oven is in operation, adding up to three simultaneous cooking methods.



All control and temperature dials, including digital clock are located on one easy-to-read lighted control panel.

Ceramic insert to hold small dishes in the center rack of the roomy porcelain Micro-Thermal oven.

The CMT-20 patented built-in exhaust system ventilates the ovens automatically during the cleaning process. May also be operated independently during conventional cooking.

For information and complete warranty details see the CMT-20 warranty package at your dealer or write Thermador, 5119 District Boulevard, Los Angeles, Calif. 90040

Thermador

The elegant difference

Fruit, glorious fruit

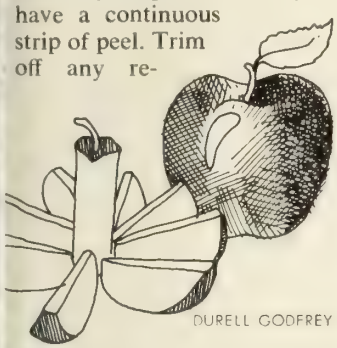
How to crystallize a grape, make a new kind of fruit mold, cook fruit in a microwave, fix a perfect compote, and other tips to make everything you do with fruit more fun

By Maurice Moore-Betty

Fruit makes one of the most perfect finales to a meal. Light, naturally sweet, and essentially refreshing, it is easy to assemble, quick to cook. Here are some great ways with fruit: step-by-step to a perfect compote, storing and freezing tips, speedy cooking in a microwave oven, plus make-in-a-jiffy desserts.

Step-by-step to a fruit compote

Peel citrus fruits first, over a bowl to catch the juice. With a good, sharp paring knife hold orange or grapefruit in left hand—if you're right-handed, and in the right if left-handed. Hold knife in the other hand and remove skin and white pith, rotating the fruit in your palm, so that you have a continuous strip of peel. Trim off any remaining white pith and slice between membranes to release whole segments. Squeeze remaining membranes into bowl to get every drop of juice. Drop segments into juice.



DURELL GODFREY

- Peel, core, and slice **APPLES AND PEARS** and drop into citrus juice—the acid will prevent fruit from oxidizing and turning brown. The easiest way to core an apple is with a metal corer. Peel, and cut into sections. If you don't have a corer, peel apples, quarter, and then remove center core with a sharp knife. Cut quarters in half again lengthwise.
- If **APPLES** are very thin skinned, don't peel—a little bit of roughage is good.
- **GRAPES** should be seeded to add to a compote unless, of course, you use seedless grapes. To seed, cut in half and pick out seeds. Do not peel grapes.
- **BANANAS AND SOFT FRUITS** like strawberries and raspberries should be stirred into the compote at the last minute.
- **STRAWBERRIES** should be added at the last minute, first washed and hulled with fingers, knife, or special tweezers.
- Don't wash **RASPBERRIES** before adding to a compote; pick over to make sure they're clean.
- **GIVE A COMPOTE VARIETY.** Combine pears and fresh strawberries; pears with grapes.
- If you have **GOOD CITRUS**, the juice will be enough to sweeten the compote. If not, add a simple syrup.
- **SIMPLE SYRUP:** Bring 1 cup water and ½ cup sugar, dissolved in the water, to a boil and allow to cool. Add 2-3 tablespoons lemon juice for a welcome tartness.

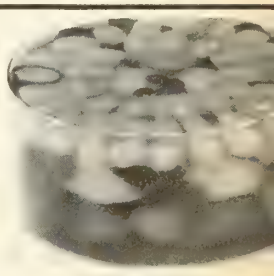
Dried apricots

There is no need to add sugar when cooking dried apricots. They should be a little bit tangy and mouth-puckering. Cover with boiling water and leave overnight. Next morning, simmer about 10-12 minutes or until tender in the water they've been soaked in. Purée in a food mill or food processor.

If you must add sugar to sweeten, stir it in after apricots are cooked. Otherwise they stick to the pan when cooking.

- **APRICOT CREAM:** Add ½ cup apricot purée to 1 cup heavy cream and chill well in the freezer. Beat until mixture forms stiff peaks and hold in refrigerator 1 hour until ready to serve. Serves 6.

To make a gelatin mold like the White Wine Mold on the Wine & Food cover, choose a time when you will be in the kitchen an hour or so. Complete 1 layer; let it stand in refrigerator before doing the next. When making mold, it is a good idea to dip fruits in gelatin before you lay them on the gelatin layer—they set faster.



Freezing fruits

Raspberries, blackberries, blueberries, and red currants freeze well. Buy at the peak of the season and spread out on a cookie sheet in 1 layer. Freeze until solid. Remove to plastic bags, seal tightly, and return to freezer.

- **PEACHES:** Peeled and sliced, freeze well in a simple syrup and packed in plastic containers.
- **STRAWBERRIES, MANGOS, AND PAPAYAS** are best frozen as a purée. Purée in a food mill with no sugar and use for ices and sorbets, toppings, and fruit sauces.

Sorbets

Make sure the fruit mixture is heavy enough to support the egg white when you fold it in. Any of the small ice-cream makers work well for sorbets. If you don't have a machine, ices can be frozen in ice trays. Freeze until they're the consistency of soft snow, then fold in egg white. Return to freezer. Break down with a fork before serving.

Storing fruits

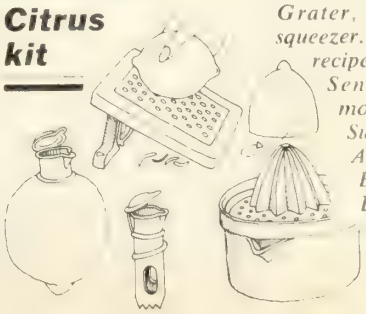
- **APPLES AND PEARS** should be wrapped closely in plastic, sealed tight, and stored in the refrigerator.
- **ALL FRUIT** should be served at room temperature.
- **LEMONS** will give up their juices more easily if first rolled on the countertop or warmed slightly in hot water.

Microwave fruits

Prunous fruits, such as plums, damsons, greengages, all cook well in a microwave oven in a covered dish with a spoonful of water and a sprinkling of sugar.

Continued on page 144

Citrus kit



Grater, faucet, squeezer. Snackers recipe booklet, $2. Send check or money order to Sunkist Lemon-Aid kits, P.O. Box 98, Lomita, Calif. 90717. Allow 4-6 weeks.



Maurice Moore-Betty

Fruit, glorious desserts

Oranges with cracked caramel, apricot purée with chocolate lattice, and other light, delectable fruit desserts pretty enough to serve at parties

Fruits in winter provide just the right kind of light, naturally sweet dessert that's needed at this time of year. Give them a brand new look and they're exciting enough for a party menu, too. Maurice Moore-Betty, a great cook and fruit fan, came up with new exciting ways to present fruit, from an artistic arrangement of fresh papaya, kiwi, blueberries, and peaches to be accompanied by a sabayon sauce to a many-shaded citrus sun with a bonus of cracked caramel. He gives a new flavor to lemon curd tart—orange—and a chocolate lattice for a purée of dried apricots.

Orange curd tart

INGREDIENTS

1½ cups all-purpose flour
4 tablespoons sugar
Pinch salt
1¼ sticks sweet butter
1 small egg, lightly beaten
1 small egg yolk
1 egg beaten with 1 tablespoon water for glaze

INGREDIENTS FOR FILLING

1 stick butter
½ cup sugar
3 eggs
1 egg yolk
½ cup concentrated frozen orange juice, defrosted
2 large pink grapefruit, sectioned, or orange sections

METHOD FOR PASTRY

☐ Mix flour, sugar, and salt together in a bowl. Cut in butter and add the egg and egg yolk. Mix well with 2 forks and gather into a ball. On a floured board or cloth, spread dough outwards with the heel of your hand. Gather into a ball again and repeat the operation.

☐ Fashion into a ball once again and roll out to fit an 8- or 10-inch flan ring or pie pan. Pastry should be about ¼- to ⅛-inch thick. Lift onto rolling pin and fit into flan ring or pan, pressing into corners.

☐ Cover with a sheet of foil cut to fit and weight down with dry peas or beans. Bake in center of a preheated 400° oven about 30 minutes. Remove paper and beans and brush bottom and sides of pastry with glaze. Trim edge with a heavy knife, and put back in oven for about 8-10 minutes. The pastry should be thoroughly cooked and crumbly. Allow to cool before adding filling.

METHOD FOR FILLING

☐ Melt butter with sugar in top half of a double boiler over hot water. Add eggs, yolk, and orange juice and cook, stirring until thickened. Cool.

☐ Spoon into tart shell, and garnish with grapefruit or orange segments making a pinwheel in the center and adding a row around the border of the tart. Serves 6-8.

Apricot purée with chocolate lattice

INGREDIENTS

2 8-ounce packages large dried apricots
Sugar to taste
4 ounces semisweet chocolate
1 tablespoon vegetable shortening

METHOD

☐ In a metal bowl, cover apricots with boiling water and leave overnight. Turn into a heavy pan with the soaking water and cook over low heat until quite soft. Most of the water will have been absorbed. Purée in a food processor and add sugar to taste. Spoon into a 1-quart soufflé dish and chill.

☐ If you have a microwave oven, put coarsely chopped chocolate and shortening in a paper envelope and melt it in the oven. Stir to combine well. Poke a hole through paper at one end and squeeze chocolate onto purée in a lattice or swirl pattern.

☐ Alternately, cut up chocolate coarsely. Melt it in a metal bowl that is in a pan of hot water. Pour chocolate on top of purée and smooth top with the back of a hot, damp spoon for a "jacket" of chocolate. Serves 8-10.

Blackberry sorbet

INGREDIENTS

2 pints fresh blackberries or 2 packages frozen (if using frozen, you may have to add more lemon juice and adjust sugar to taste)
¾ cup sugar
¾ cup water
½ teaspoon lemon juice
1 egg white
Whole berries for garnish
Lemon cups

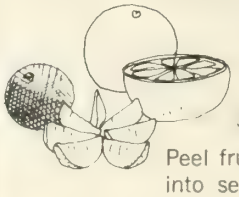
METHOD

☐ Rub blackberries through a wire sieve to remove seeds. You should have about ¾ cup purée.

☐ Boil sugar and water in a heavy pan 10 minutes. Cool, then mix with blackberry purée and lemon juice. Taste for sweetness. If it is too sweet, the mixture will not freeze successfully, and if not sweet enough, crystals will form. It should be comfortable on the tongue. Add more sugar if necessary. *(Continued on page 142)*

Opposite page top, left to right: *Orange curd tart* decorated with pink grapefruit segments: lovely new slant on the classic lemon curd tart. *Papaya, kiwi, blueberries, and peaches* make a beautiful fresh fruit platter to serve with a sabayon sauce. *Fruit compote* rich with fresh and dried fruits and a tangy syrup flavored with kirsch or cognac. A fluffy apricot purée topped with a lattice of dark chocolate. *Blackberry sorbet* served in a lemon half.
Right: Fresh citrus segments: circle a mound of cracked caramel.

Citrus and caramel



INGREDIENTS

12 oranges
3 pink grapefruit
2 white grapefruit
40 lumps sugar

Peel fruit and separate into sections. (See directions, page 133.) Arrange segments on large serving plate. Combine sugar and ¼ cup cold water in heavy saucepan; cook, stirring, over low heat until sugar is dissolved. Raise heat; cook till golden amber color, being careful not to let it get too dark. Spread the caramel on lightly oiled, rimless cookie sheet; let cool until hard. Bend the sheet to break the caramel into pieces. You can break it into small pieces with the back of a spoon or with your hands. Pile the caramel in the center of the fruit. Serve a few pieces with each portion. Serves 10-20.

For shopping information, see page 196.

KAREN PADLAI



When you own a famous spa and serve on the President's Council on Physical Fitness, how do you entertain your guests at home?

The all-star vegetable buffet



Approach to Mazzanti house

"Morning parties are the most casual, relaxing, and easiest to do," says Deborah Mazzanti, who puts her super energy into a fan of activities, from running her two spas The Golden Door in Escondido, California and Rancho la Puerta in Tecate, Mexico, to serving on the President's Council for Physical Fitness and acting as a member of the Board of the San Diego Stadium, home of the Chargers. The fact that Mrs. Mazzanti loves to come home at the weekend and have a party is a tribute to her powers of organization as much as to her love of people. Her newest project—promoting her new book, *Secrets of The Golden Door*, recently published by William Morrow—has led to more than the usual cross-country traveling, but she comes home ready to set another buffet.

MENU

Spritzers
Chilled Avgolemono soup
Vegetable salads:
Fresh green bean, dilled cucumber, marinated beets, parsley carrot

Fettucini à la Mazzanti
Stuffed eggplant vegetarian style
Raspberries Romanoff
Demi-tasse



Table by the pool set with lemon soup

The main ingredient for any party, she believes, is the guest—putting together a collection of people who stimulate each other. "Always bring in new friends to make the mix more interesting," she says, but to help with introductions, follow a few formalities. "Place cards show you've thought about each guest beforehand, and for large parties, large written name tags help with introductions." For small parties, all the men might be seated at one table and the women at another, "they love it," says Mrs. Mazzanti who, however, never seats husbands and wives at the same table. "Planning the party is sometimes a solo flight. Sometimes my children help; they enjoy interesting groups of people, and they know where everything is in the kitchen, and, for very special parties, a chef and staff from The Golden Door come in, too, but each recipe is rehearsed beforehand," says Mrs. Mazzanti of her strategy for repeating several successful menus. "Healthy, light foods are my favorites." She prefers to put money into vegetables and fruits rather than the meat. Calories are trimmed by never serving bread and butter and always choosing a dessert that is light—like the raspberries in this menu served with a low-calorie cream made by mixing low-fat yogurt with whipped cream. The multileveled garden provides a variety of spots to entertain. Tables can be set by the pool, by the water wall, in front of the fountain. The house also stair-steps down a hill with many spots to cluster with friends.

For large parties, bar tables are set up in several spots in the garden and guests help themselves from a full range of bottles. On a cool day this includes Virgin and Bloody Marys, Margaritas. On a hot day—a variety of imaginative spritzers laced with Burgundy, anisette, or sauterne (see recipes, page 140). Beside each bar a small charcoal grill is set up to keep the air warm and cook the hors d'oeuvre. A table set with skewers and marinated eggplant, tomatoes, lamb, and shrimp, and big paper napkins allows guests to assemble their favorite kebobs as an hors d'oeuvre.

"It is fun to make every fourth party a vegetable one"

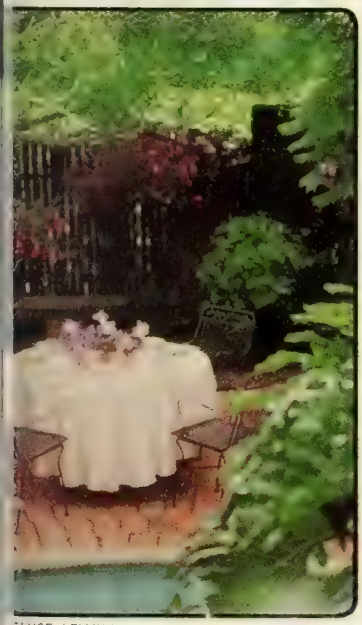


Deborah Mazzanti arranges the flowers

A kitchen full of the equipment necessary to throw a party for sixty is added incentive to send out invitations. "Over the years I've collected party equipment as one does kitchen equipment," says Mrs. Mazzanti, who stashes everything away in floor-to-ceiling cabinets on rollers that fit neatly like books on a shelf in a small anteroom of the kitchen. Also on file: menus plus shopping lists, recipes, and lists of serving plates, and a folder with details of parties—who was there, what was served.

Opposite page, top: Lunch set out buffet-style on a glass table under the shade of eucalyptus and bamboo trees in the many-layered Japanese-inspired garden of Deborah Mazzanti in San Diego.
From left, clockwise below: Intimate tables set up around the pool; pots of fuchsias hang like chandeliers from the trees; antique teapots hold fresh-cut flowers from the garden. The menu: chilled avgolemono soup topped with lemon slices and a basil leaf; a quartet of vegetable salads—green bean in a tarragon vinaigrette, cucumber with a low-fat yogurt dill sauce, grated raw beets, and parsley-flecked carrot; fettucini à la Mazzanti, creamy spinach noodles piled into a tomato shell; and eggplant vegetarian-style, delicious tiny boats filled with a nutty mélange of walnuts, pine nuts, vegetables, and spices.





ELYSE LEWIN









By Doris Tobias

Raspberry liqueur spiked with vodka, Scotch on the rocks with a dash of Drambuie rum laced with cranberry juice, and other after-dinner drinks

The leisurely spirits

Apéritifs anticipate the meal and prepare for the evening's mood. Wine with dinner complements and enhances the taste of the food and accelerates the mood. And after dinner, a properly selected drink can comfort the digestive processes and help heighten good feelings and stimulating conversation. The *digestif* can make a great evening of a good dinner.

There are marvelously relaxing drinks to add pleasure and serenity to the after-dinner camaraderie. Digestifs can be as elegant as a fine cognac, as traditional as a liqueur or cordial, or as comfortingly familiar as a smoothly aged whiskey-based drink—Scotch, Bourbon, or rye.

Rum, with its pleasing pungency, continues to grow in popularity—especially the smoother lighter rums that many prefer. Rums do not require as much aging as brandy, but a fine liqueur rum, some of which are aged 15 to 30 years, is comparable in flavor and smoothness to fine old brandies.

Cognac, of course, is the classic after-dinner drink. The liquid gold of cognac, with its fresh-grape sweetness and elegant finish, is considered by many experts the most sophisticated of liqueurs. Whether you enjoy a *grande champagne* cognac—the finest aged cognac—or one of the less prestigious and less expensive cognacs, it should be savored in a traditionally shaped snifter glass—the one that bellies out on a short stem, then narrows at the rim. An ounce or more of cognac poured into this large glass, warmed by the heat of the cupped hand, and gently swirled, permits the sensuous vapors to be caught and savored before and while drinking.

Armagnac, France's other prestigious grape brandy, comes from Gascony—and the Gascons have a long reputation for relishing fine food. Armagnac is reputed to be the oldest of the French brandies, going back to the 15th century (cognac's production started in the 17th century). The white wine used in distilling Armagnac gives a somewhat tart flavor, but the pot-still method of distilling, and the local wood barrels, impart a pungent aroma and a stronger flavor than cognac. When young, Armagnac is somewhat coarse and strong, but with age it develops more elegance and complexity and is noted for its velvety smoothness. Armagnac, like cognac, is hailed by brandy devotees, who find that its high-flavored, full-bodied qualities mitigate the effects of an ample meal as a potent after-dinner digestif.

Fruit brandies are favored digestifs both for their flavor and smooth quality. These drinks are made in America and Europe—especially France, Switzerland, Italy, Holland, and Germany. A wide variety of edible fruits is used, since anything containing sugar can be induced to ferment and turn into alcohol. Among the favorites are pears, cherries, black currants, blackberries, strawberries, raspberries, and plums.

Although serious brandy sippers shudder at talk of mixing brandies with liqueurs or mixers—or drinking them on the rocks—there's no reason for those who enjoy the taste titillations of these combinations to forgo that pleasure for the sake of tradition. Each generation can and does establish its own traditions, as in the story of the sign posted on the central lawn of a newly constructed college campus. "The tradition is that freshmen are not permitted to walk on this lawn; only upperclassmen can use it as a short cut. This tradition goes into effect Monday!"

But with cordials and liqueurs, a whole new wave of enjoying their pleasures has evolved. The diversity of cordial and liqueur taste preferences has contributed to "neo-elixirs"—cordials mixed with vodka, on the rocks or "straight up" (without ice), or cordials mixed with vodka and fruit juices, or club sodas and other mixers. Serving liqueurs on the rocks cuts down on the sweetness that some find too cloying and adding vodka intensifies their basic flavors and helps them stand up to the dilution of ice cubes.

12 NEW RECIPES

Pour a jigger (1½ ounces) of Scotch into an on-the-rocks glass. Add ice cubes and ½ ounce Drambuie, the Scotch liqueur. Finish off with a curl of lemon zest.

For Irish and Canadian loyalists the same deliciously effective combination is made by adding to Irish whiskey ½ ounce Irish Mist liqueur, and to Canadian whiskey ½ ounce Tiddy's (or other) Canadian liqueur. Finish off with a curl of orange zest.

Sip a Serene Sour. Mix together in a cocktail shaker one jigger Scotch, rye, or Bourbon. Add the juice of ½ lemon, ¾ teaspoon superfine sugar, and the white of an egg. Add ice cubes, shake vigorously, and strain into a prechilled Delmonico glass. Garnish with a thin slice of kiwi fruit.

For natural foods aficionados, pour a jigger of blended whiskey into a cocktail shaker. Add 2 teaspoons organic honey, the juice of 1 fresh orange and plenty of

Continued on page 146

New ways with digestifs



Think big when serving. Pour the usual 1-2 ounces of cordials and liqueurs into Big Glasses—tulip or balloon wineglasses are perfect—so that their perfume and aroma can collect and be appreciated, as in the case of a fine wine.

- *Add an ice cube or two to your liqueur in the Big Glass.*
- *Serve cordials and liqueurs on the rocks in Old-fashioned glasses with a twist of lemon or orange zest.*
- *Add a half-ounce of vodka to cordials and liqueurs served on the rocks. It intensifies the flavor and gives backbone to the cordial as it becomes diluted by the ice.*
- *Lengthen brandy sipping by serving it on the rocks. Lengthen it still further by adding a splash or two of club soda or ginger ale.*
- *Offer oloroso or cream sherries—on the rocks—with a platter of wafer-thin ginger cookies.*





What an olive does for a martini,





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Stouffer's Side Dishes.
The great mealtime accessories.

continued from page 136

Burgundy spritzer

INGREDIENTS
⅓ cup Burgundy
1 tablespoon orange juice concentrate, thawed
1 teaspoon fresh lime juice
½ cup club soda
Slice of lime

METHOD
☐ Combine wine, concentrate, lime juice, and club soda in a tall glass with ice. Garnish with lime slice. Makes 1 serving, 88 calories.

Sauterne spritzer

INGREDIENTS
⅓ cup sauterne
⅓ cup cranberry juice
⅓ cup Perrier water
1 tablespoon orange juice concentrate, thawed
Fresh mint

METHOD
☐ Combine wine, juice, water, and concentrate and serve over ice in a tall glass. Garnish with fresh mint. Makes 1 serving, 128 calories.

Anisette spritzer

INGREDIENTS
⅓ cup Chablis
⅓ cup pear juice or nectar
1 tablespoon anisette
½ cup club soda
Fresh mint

METHOD
☐ Combine wine, juice, anisette and soda and serve over ice in a tall glass. Garnish with fresh mint. Makes 1 serving, 115 calories.

Chablis cassis

INGREDIENTS
⅓ cup Chablis
2 tablespoons crème de cassis
½ cup club soda

METHOD
☐ Combine all ingredients and serve over ice in a tall glass. Makes 1 serving, 133 calories.

Sober-up spritzer

INGREDIENTS
½ cup grape juice
½ cup Perrier water
¼ fresh lime

METHOD
☐ Combine grape juice and Perrier water and serve over ice in a tall glass. Add a squeeze of lime. Makes 1 serving, 68 calories.

Chilled avgolemono soup

INGREDIENTS
6 cups celery broth (recipe below)
⅓ cup rice
1 teaspoon sea salt
4 eggs, beaten
⅓ cup fresh lemon juice
Lemon slices
Fresh basil

METHOD
☐ Bring celery broth, rice, and salt to a boil in a large saucepan. Reduce heat and simmer, covered, 15-20 minutes until rice is tender. Remove from heat.
☐ Beat eggs with rotary beater in a large bowl until light and fluffy. Add lemon juice and 2 cups of celery broth, stirring constantly with a wire whisk. Return to rest of soup and beat with whisk until soup has thickened slightly. Cool, stirring occasionally, then refrigerate 4 hours or more.
☐ Skim, if desired, before serving and stir thoroughly. Garnish with slices of lemon and sprigs of fresh basil. Makes 8 servings, 70 calories per serving.



Chilled avgolemono soup

Celery broth

INGREDIENTS
7 cups water
2 whole celery stalks including the leaves
2 onions stuck with 1 clove each
1 bay leaf
Sprig of thyme
Sea salt, to taste
Spike (a natural, spicy herb seasoning), to taste

METHOD
☐ Put all ingredients in a large pot and boil 30 minutes. Strain, reserving vegetables and broth. Pick out and discard the cloves and bay leaf.
☐ Liquefy vegetables and broth in a blender or food processor. Makes 7 cups of broth.

Fresh green bean salad

INGREDIENTS
3 cups fresh green beans
3 tablespoons salad oil
1 tablespoon tarragon vinegar
½ teaspoon herb seasoning salt

METHOD
☐ Cut green beans on the diagonal into 2-inch pieces. Cook in boiling water about 5 minutes until just barely tender. Drain, and rinse with co'd water.
☐ Place in a serving bowl and add remaining ingredients. Mix well, then refrigerate at least 1 hour before serving. Makes 8 servings, 62 calories per serving.

Dilled cucumber salad

INGREDIENTS
2 cups cucumber, diced
2 tablespoons radishes, sliced
½ cup plain low-fat yogurt
2 tablespoons tarragon vinegar
¼ teaspoon ground cardamom
¼ teaspoon dill

METHOD
☐ Place cucumber and radishes in a bowl. In another bowl combine yogurt, vinegar, cardamom, and dill. Mix well and pour over cucumbers. Refrigerate at least 1 hour before serving. Makes 8 servings, 14 calories per serving.

Marinated beet salad

INGREDIENTS
2 cups fresh raw beets, grated
¼ cup red wine vinegar

METHOD
☐ Peel and grate raw beets. Place in a bowl and add vinegar. Mix and let stand in the refrigerator at least 1 hour before serving. Serves 8, 16 calories per serving.

Parsley carrot salad

INGREDIENTS
2 cups carrots, grated
1 tablespoon parsley, chopped
3 tablespoons olive oil
1 tablespoon white vinegar
Sea salt, pepper

METHOD
☐ Mix carrots and parsley together in a bowl. Add oil and vinegar, then season to taste with salt and pepper. Toss to mix all ingredients.
☐ Refrigerate at least 1 hour before serving. Makes 8 servings, 59 calories per serving.

Fettucini à la Mazzanti

INGREDIENTS
8 medium-size tomatoes
Salt, pepper
¼ pound spinach egg noodles
1 cup heavy cream
1 cup half-and-half
½ teaspoon sea salt
½ teaspoon ground thyme
⅛ teaspoon white pepper

METHOD
☐ Cut tops off tomatoes and scoop out insides. Reserve flesh for making tomato sauce, adding to soups or omelets, etc. Season shells with salt and pepper and set aside.
☐ Cook spinach egg noodles in boiling salted water until *al dente*. Drain.

Continued on page 142

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KRAFT

America spells cheese KRAFT.

All-star vegetable buffet
continued from page 140

☐ Heat heavy cream and half-and-half in a saucepan. Season with salt, thyme, and white pepper. Add the drained noodles and simmer them gently until all of the liquid is absorbed, about 15 minutes, stirring occasionally.

☐ Meanwhile, place tomatoes on a baking sheet and bake in a preheated 350° oven 5 minutes, or until heated through. Spoon fettucini into tomato shells and bake 2-3 minutes more. Makes 8 servings, 233 calories per serving.

Stuffed eggplant vegetarian style

INGREDIENTS

8 Japanese or small Italian eggplants
3 tablespoons olive oil
1 medium onion, chopped
1-2 cloves garlic, chopped
¾ pound fresh mushrooms, sliced
4 tomatoes, peeled, seeded, and diced
1½ cups black walnuts or English walnuts, crushed (place walnuts in a plastic bag and crush with a rolling pin or glass jar. Gives an uneven texture)
¼ cup pine nuts
1 teaspoon herb seasoning salt
1 teaspoon curry powder
½ teaspoon ground cardamom
½ teaspoon oregano
2 tablespoons lemon juice
¼ cup chives, chopped

METHOD

☐ Cook eggplants in boiling water about 5 minutes. Remove from water and cool. Slice in half lengthwise, scoop out flesh, leaving enough inside so shells will hold their shape. Reserve shells and coarsely chop eggplant meat.

☐ Heat 1 tablespoon oil in large skillet and sauté onion and garlic quickly, stirring. Add eggplant and mushrooms. Mix well, then add tomatoes, nuts, and seasonings. Stir to blend. Pour remaining olive oil and lemon juice over all and mix gently.



Raspberries Romanoff

☐ Spoon the mixture into eggplant shells and place them on a baking sheet. Add a little water to prevent sticking, then heat in a preheated 350° oven for about 10 minutes. Sprinkle eggplants with chopped chives and serve. Makes 8 servings, 263 calories per serving.

Raspberries Romanoff

INGREDIENTS

1 cup plain low-fat yogurt
1 tablespoon honey
½ teaspoon vanilla
¼ cup orange-flavored liqueur
1 cup heavy cream
4 cups fresh raspberries

METHOD

☐ Mix yogurt with honey, vanilla, and liqueur. Whip cream until stiff and fold into yogurt. Chill until ready to serve. Holds well for several hours. Spoon into dessert dishes and top with fresh raspberries. Makes 8-10 servings, 193 or 155 calories per serving respectively. ■

Fruit, glorious desserts
continued from page 134

☐ Prepare ice-cream freezer according to manufacturer's instructions and pour in fruit syrup. Freeze until it is the consistency of slush. Beat egg white until stiff in a small bowl and add to mixture in the ice-cream freezer. Continue freezing until set. Remove dasher. Pack sorbet in a container in freezer until ready for use. Serves 8-10. Garnish with fresh, whole berries and serve in lemon cups.

Compote of fruits

INGREDIENTS

1 cup sugar
Juice of 1 large lemon
3 oranges, peeled and separated into wedges
2 pears, peeled and sliced
⅓ cup seedless green grapes
⅓ cup red grapes, seeded
2 bananas, sliced
2 apples, peeled, cored, and sliced
4 dried figs, sliced
⅓ cup water
½ cup apricot jam
⅓ cup kirsch or cognac
1 cup fresh strawberries, hulled

METHOD

☐ Pour ⅔ cup of the sugar into a large crock or earthenware bowl. Stir in the lemon juice and all the fruit except the strawberries.

☐ Combine the remaining ⅓ cup sugar, the water, and the apricot jam in a saucepan. Cook, stirring, until thick. Force it through a sieve, and stir in the kirsch or cognac. Pour the sauce over the fruit mixture and stir it well. Store the compote in the refrigerator. It may be made days ahead of time. Before serving, stir in the fresh strawberries. Serves 8-10.

White wine mold with fruit

INGREDIENTS

4 packages unflavored gelatin
5 cups dry white wine
¼ cup kirsch
Juice of 1 lemon, strained
1 cup superfine sugar
1 pint box fresh strawberries
About 1 pound apricot halves, peeled
Mint or lemon balm leaves
About ½ pound white grapes

METHOD

☐ Sprinkle gelatin over 1½ cups white wine in a small saucepan to soften. Let stand 4-5 minutes. Dissolve over low heat.

☐ Put kirsch and lemon juice in a porcelain or stainless steel bowl with the remaining wine. Stir in sugar and dissolved gelatin until completely dissolved. Stand bowl in a larger one of cracked ice to chill.

☐ Spoon about ¼ inch gelatin mixture into a 1½-quart soufflé dish. Allow to set in refrigerator. Wash and hull strawberries. Dip in gelatin mixture and arrange in the soufflé dish in a single row with pointed ends towards the outside. Spoon a little of the gelatin over them and put dish back in refrigerator until set. Chop remaining strawberries and mix with a little gelatin. Spoon into ring of strawberries and level off. Put back in refrigerator again until set. Spoon about ¼ inch gelatin over strawberry layer, and allow to set once more. Arrange apricot halves, cut side down, on gelatin layer with small sprigs of mint or lemon balm dipped in gelatin in the spaces left between the apricot halves and the side of the dish. Spoon gelatin all over to a depth of ¼ inch. Again allow to set. Arrange grapes in circles on top. Put a gelatin-dipped sprig in the center. Coat with gelatin—enough to come to the rim of the soufflé dish. Chill until set. Serves 8-10.

Sabayon frappé

INGREDIENTS

3 egg yolks plus 1 whole egg
½ cup sugar
4-8 tablespoons Madeira
½ cup heavy cream, stiffly whipped
Flavoring such as vanilla or coffee extract (optional)
1 teaspoon orange or lemon zest

METHOD

☐ Whisk egg yolks, egg, sugar, Madeira in a large stainless steel bowl until all the ingredients are blended together. Place bowl over pan of simmering water; whisk until mixture is stiff, forms ribbon.

☐ Remove from heat and place bowl in cold water. Whisk the mixture until cold, then fold in cream, flavoring and zest. Pour into a serving dish and leave in the freezer for at least 1 hour before serving. Serve as a sauce with a platter of fresh fruit which might include kiwi, mangoes, blueberries, and peaches. Serves 8-10.

Continued on page 144

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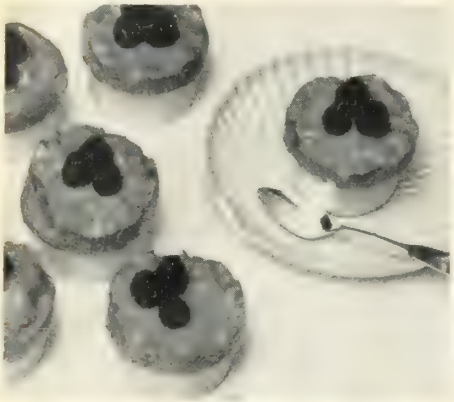
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Fruit, glorious desserts
continued from page 142

Iced raspberry soufflé

INGREDIENTS

3 10-ounce packages frozen raspberries, defrosted
1½ tablespoons gelatin
¼ cup water
4 eggs, separated
2-3 tablespoons superfine sugar
¼ cup framboise or kirsch (preferably framboise)
1½ cups heavy cream
Salt
Whole raspberries



Individual iced raspberry soufflés

METHOD

☐ Prepare 12 ½-cup molds by tying a lightly oiled collar around each to stand up about 1 inch, or use a 1-quart soufflé dish with a lightly oiled 2-inch collar. Chill until needed.

☐ Drain raspberries and set ⅔ cup juice aside. Purée raspberries by putting them through a sieve and set aside 1½ cups purée.

☐ Sprinkle gelatin over the water to soften. Beat egg yolks in a bowl until thick and yellow.

☐ Bring reserved raspberry juice to a boil and simmer 3-4 minutes. Pour hot liquid in a fine stream over egg yolks while beating constantly. Add softened gelatin and sugar and continue to beat until cool. To accelerate the operation, stand the bowl in a larger one filled with ice and water. Stir in the reserved purée and the kirsch or framboise.

☐ Beat cream in a large bowl over ice until heavy and holding a ribbon. (Do not beat it so hard it begins to form peaks.) Stir into egg and purée mixture. Chill over ice until set.

☐ Beat egg whites in a large bowl with a pinch of salt until they hold stiff peaks. If raspberry mixture is too solid, whisk until smooth before folding in egg whites with a big metal spoon, lightly and thoroughly. Spoon the mixture into prepared dishes and chill in the refrigerator for at least 4 hours. Garnish with fresh, whole berries. Serves 12.

The new apple pie
as seen on page 88

Whole apple tart

From Devon Fredericks, New York caterer

INGREDIENTS FOR PASTRY

2 cups flour
½ teaspoon salt
½ cup sugar
¼ pound butter, chilled
5 tablespoons cold water
3 tablespoons vegetable oil

INGREDIENTS FOR FILLING

6 McIntosh apples, peeled but with the stems still on
2 cups white wine
2 cups water
2 cups sugar
Zest of 1 lemon
1 cup applesauce made with brown sugar, water, and lemon

INGREDIENTS FOR CARAMEL

1 cup sugar
4 tablespoons water
Crème Anglaise (recipe below)

METHOD FOR PASTRY

☐ Put flour, salt, and sugar in a bowl and cut in the butter. Blend in the water and oil. Knead lightly to blend. Wrap in plastic and refrigerate until cold.

☐ Roll out ⅔ of the dough to fit a 9-inch round pan with a removable bottom. Or mold pastry over the bottom of an inverted buttered soufflé dish. Fit dough down sides so that finished pie shell will be 2 inches deep. Weight pastry and bake in a 425° oven until nicely browned, about 10 minutes. Remove weight and finish baking—about another 5 minutes. Cool on the dish, then invert directly onto a serving dish.

☐ Make 2 long rolls of the remaining dough and braid them. Invert soufflé dish on a buttered baking sheet and shape braid around base on sheet to form a wreath. Bake until nicely brown in the 425° oven.

METHOD FOR FILLING

☐ Boil the apples in a large pot in the wine, water, sugar, and lemon zest. Cook for 5 minutes or until they are soft but not mushy. They should retain their shape.

☐ Put applesauce in the bottom of the pie shell. Then place 5 of the apples in a circle in the shell, trimming sides of apples if necessary to make them fit. Put the last and nicest looking apple on top.

METHOD FOR CARAMEL

☐ Boil the sugar and water in a heavy pan until it is brown. Dribble it over the apples, but do not completely coat them. Serves 6. Serve 1 apple to each person with some crust and pass warm crème Anglaise.



Devon Fredericks with her apple tart

Crème Anglaise

INGREDIENTS

1 cup heavy cream
1 cup milk
4 egg yolks
4 tablespoons sugar
1 teaspoon vanilla

METHOD

☐ Warm the cream and milk in a heavy saucepan over low heat. Beat the yolks in a double boiler with the sugar and vanilla.

☐ Stir milk mixture into yolks. Continue to cook slowly and carefully until sauce is thick, stirring constantly. Remove from heat and serve warm or chill until cold. Makes 2 cups sauce. ■

Fruit, glorious fruit
continued from page 133

POACHED PEARS

Poach pears in a red wine you wouldn't be ashamed to drink. For 1 quart liquid (3 parts wine and 1 part water) add 2 sticks cinnamon, 8 whole cloves, and sugar to taste.

Keep poaching liquid to use again. Strain and freeze or keep in refrigerator.

CRYSTALLIZED GRAPES

Dip tiny bunches of grapes—about 3 to each bunch—in a simple sugar syrup and swish around until coated all over. Let dry on an oiled cookie sheet and pass after dinner instead of petit fours.

CRUMB-COATED BAKED APPLES

Peel and core apples, smear with butter, then roll in cake crumbs until completely coated. Stuff and bake as you usually would.

ACCOMPANIMENT TO FRESH FRUIT

Serve a very lightly flavored, simple cookie such as a sponge finger or a madeleine or a *langue de chat* (cat's tongue).

Crumble topping for fruits

INGREDIENTS

8 ounces flour, sifted
Pinch baking soda
About 1 tablespoon powdered ginger or to taste
1 stick sweet butter, softened
2 ounces light brown sugar
2 ounces white sugar

METHOD

☐ Sift together the flour, soda, and ginger into a bowl. Add the butter in pieces and cut into the flour until you have the texture of cornmeal. Add sugars and continue to crumble.

☐ Put home-frozen raspberries or fresh fruit like sliced apples in a baking dish and top with crumble mixture. Bake in a preheated 350° oven 30 minutes.

☐ When using frozen raspberries for crumble, put raspberries in the baking dish still frozen hard and top with the crumble. They will keep their shape better this way. ■

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Apricot Glazed Ribs with Almond Raisin Rice

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ice cubes. Shake madly, and strain into an all-purpose wineglass. Dust the top of the drink with toasted sesame seeds.

To make Espresso Internationale, brew your favorite espresso. Pour into demi-tasse cups. Offer a tray of Bourbon, Irish whiskey, Scotch, Canadian whiskey, and brandy. Set up as many small shot glasses as there are whiskies. Let guests pour their own choice of spirits and either sip with the espresso, or pour into the cup.

For Frozen Daiquiri, place about 1½ cups shaved ice into the container of a food processor or blender. Add ¼ cup lime juice, ¼ cup pineapple juice, and 1½ ounces white rum. Whir just until blended. Spoon the mixture into 2 prechilled Martini glasses. Add short straws and garnish with segments of mandarin orange.

Try the Half and Half, created by eminent food writer, M. F. K. Fisher: Stir over cracked ice half dry vermouth, half dry sherry, a little lemon juice, and a dash of bitters, if more pungency is desired. Strain into a cocktail glass.

Do a Hot Brandied Tea. Pour a jigger of brandy into a teacup. Add freshly brewed Oolong or Darjeeling tea and sugar to taste. Offer freshly squeezed lemon juice in a tiny pitcher.

Why not serve the Resurgent Cuba Libra? Pour a jigger of white rum into a tall, thin glass. Add 1 tablespoon lime juice, plenty of ice cubes and fill the glass with diet cola. Cut some thin curls of lime, lemon, and orange zest and then strew them, confetti style, on top of the glass.

Go exotic with rum. In a cocktail shaker mix together a jigger of white rum, ½ ounce grenadine syrup, 2 ounces papaya juice, 2 ounces cranberry juice, and 2 ounces apricot nectar. Shake wildly and strain into a Delmonico glass.

Pour strong, hot coffee into punch mugs. Add 1 ounce of Bual or Malmsey —the richly sweet Madeiras. Pass around a bowl of unsweetened whipped cream that's garnished with a few roasted coffee beans.

For a great, late-hour sleep-maker, pour a jigger of apple brandy into a glass of warm, sweetened lemonade. Stir, and sip the drink in bed—with one fragile gaufrette.

Serve an Apple Dandy: Apple brandy has a refreshingly clean cut taste and reinforces the natural taste of apple juice. Pour a jigger of apple brandy into an Old-fashioned glass. Add 3-4 ounces apple juice and several ice cubes. Stir well and garnish with a thin slice of unpeeled yellow Delicious apple, or for an unusual twist, pour apple juice into an ice cube tray and freeze. When ready to serve your Apple Dandy simply pour the jigger of apple brandy over the apple juice ice cubes and stir. ■

help her decide its age, quality, and value. Though her speciality is quilted textiles, many of the things she looks for you can look for too.

Should you use what you buy? That is your decision, of course, but the consensus is that you should not. If you're buying sculpture or paintings, weathervanes (depending on the condition of the metal), decoys, or candlesticks, of course, these can be used in a decorative way. But quilts should be hung instead of spread on a bed that's used every day, pottery ought to be protected, and redware never used where liquids can leech out the lead. When you store fragile fabrics, hand-wash them in Ivory Soap or Woolite and wrap them in acid-free tissue paper. Your dealer will have several sources for restoring projects such as old paintings or furniture, if he hasn't already had the work done before you buy the piece.

Is American Folk Art limited to the region that made it famous? The experts say no. There are many concentrations of certain types of things you can find almost anywhere. The South produced decoys different from those of Maine; wrought-iron latches made in a New England blacksmith's shop may turn up in Arizona; Southern quilts are in many ways as interesting as those produced in the Northeast, though their colors and their themes vary sharply. Pennsylvania and Shaker furniture can be found almost everywhere, though it may take an educated eye to perceive it out of context. That, the experts said, is part of the adventure. Find out from your state historical society what was produced there and make it a beginning for your self-education.

There are two publications that make important contributions to our appreciation of folk art today. One is *Antiques*, which has at least one article on American Folk Art in every issue. The other is *The Clarion*, published for its members by The Museum of American Folk Art, 49 West 53rd St., New York, N.Y. 10020. It is filled with current information on exhibits at colleges, galleries, museums, and conferences across the country. Each issue also contains a reading list on one special area of the folk art field—from teapots to hooked rugs to quilts to sculpture. *How To Know American Folk Art*, edited by Ruth Andrews (Dutton, $6.95) is an excellent book to introduce you to the general aspects as well as the specifics of the vast number of objects in the field. It includes a chapter on 20th-century folk art to add a sense of continuity to this very special artistic development in America today.

There is an extensive but little known collection of American Folk Art at the H. F. duPont Winterthur Museum, a world-famous exhibit at the International Folk Art Museum in Santa Fe, New Mexico, and another intriguing group at the New York State Historical Association in Cooperstown, New York. Old Sturbridge Village in Sturbridge, Massachusetts, uses the art decoratively in a lovely and authentic setting.

Here are a few folk-art museums with some of their current and upcoming shows:

Abby Aldrich Rockefeller Folk Art Museum,
Williamsburg, Va.
"Making Faces—Aspects of American Portraiture," January 8 through April 30.
"Spanish-American Crafts and Folk Art of the Southwest," May 7 through June 18.

The International Folk Art Museum,
Santa Fe, N.M.
"Dias de Mas, Dias de Menos," Bicentennial Exhibit. Through March 5.

The Museum of American Folk Art,
New York, N.Y.
"All American Dog." Through April 4.
"Women and American Folk Art." June 10 through September 30.

The New York State Historical Association,
Cooperstown, N.Y.
Opens early May with a show of Smith and Telfer photographs.

The Shelburne Museum,
Shelburne, Vt.
Opens early May. For more about this museum, see pages 110-115.

Other places where you can cultivate your folk-art collecting taste and delight your eye:

Albany Institute,
Albany, N.Y.
Charleston Museum,
Charleston, S.C.
Colorado Springs Fine Arts Center,
Colorado Springs, Col.
Cowboy Hall of Fame,
Oklahoma City, Okla.
Farm Museum,
Landis Valley, Pa.
Fruitlands Museum,
Harvard, Mass.
Hancock Shaker Village,
Pittsfield, Mass.
Henry Ford Museum,
Greenfield Village,
Dearborn, Mich.
Heritage Plantation,
Sandwich, Mass.
Historical Society of York County,
York, Pa.
Lancaster Historical Society,
Lancaster, Pa.
Memorial Hall,
Deerfield, Mass.
Museum of Cultural History,
UCLA, Los Angeles, Cal.
Museum of Early Southern Decorative Arts,
Winston-Salem, N.C.

Continued on page 148

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American Folk Art
continued from page 146

Museum of History and Technology,
Smithsonian Institution, Washington, D.C.
Mystic Seaport,
Mystic, Conn.
New Bedford Whaling Museum,
New Bedford, Mass.
New York Historical Society,
New York, N.Y.
Norwegian American Museum,
Decorah, Iowa
Peabody Museum,
Salem, Mass.
Pennsylvania Dutch Folk Culture Society,
Lenhartsville, Pa.
Shaker Museum,
Old Chatham, N.Y.
State Museum of Louisiana,
New Orleans, La.
Strong Museum,
Rochester, N.Y.
Sturbridge Village,
Sturbridge, Mass. ■

Winter Japan
continued from page 80

sit by the pool and cool down gradually first. No trouble sleeping after that, even if the *futon*, a padlike mattress rolled out on the tatami hadn't been as comfortable as it was.

Sunday. Last day, first Japanese breakfast. Hot soup, cold rolled omelette, very sour pickles, rice tea. Interesting. Don't think I'd make it a habit. But given Western breakfast, could happily stay converted to Japanese cooking. Train to Kyoto. Nijo Castle, a huge complex of gardens, ornate gates, and gilded palaces. Interiors at once simple and sumptuous. Tatami floors, no furniture, but every wall a magnificent series of painted sliding screens, tigers or pine trees or cherry blossoms, some on gold leaf. Coffered, gilded, and painted ceilings. Outdoors, a landscape garden of trees and rare, fantastically shaped rocks set around a pond. Grove of feathery pines along the moat. Small abstract garden of rocks in pools of moss on raked sand. Impressed with what's meant to be impressive, but almost more with the extra care and attention that makes practical things beautiful or pleasurable. Temporary fences are little gems of bamboo work. Floors in the palace corridors, planned to squeak so no one could sneak up on the Shogun, were made to do so musically. Winter wrappings to protect trees are sculpture in straw.

Afternoon exploring antique shops on Shinmonzen Street and wandering through picturesque streets of old wooden houses in the neighborhood around it. Thoroughly satisfying day ends with just one problem—having succumbed to the lure of a large antique Kutani bowl, how on earth to get it home. Back at The Royal problem solved. Inquiry uncovers a packing service. All big hotels have them, I'm told. Bowl securely packed and so beautifully tied it made a present of the brown paper wrapping.

A tantalizing week, so much you can't see and do. But enough that you can so you know whether you want to come back for more. I do and will.

* * *

Have already added two more days in Japan to this trip by flying Japan Air Lines. You can eat Japanese food, listen to Japanese music, and immerse yourself in a stack of preparatory reading, or stick to the familiar and just enjoy the little courtesies—hot scented towels as soon as you board, for one. I noticed, glancing around the first-class cabin, that most of us were sampling both worlds, lunching Western and dining Japanese, or vice versa. Both delicious and beautifully presented. The 16 hours between New York and Tokyo pass quickly and comfortably with a midpoint stopover in Anchorage that is a big plus; the chance to walk and walk and walk makes a real difference. JAL flies daily to Tokyo from New York ($1,362 roundtrip, economy), San Francisco and Los Angeles ($1,004 roundtrip).

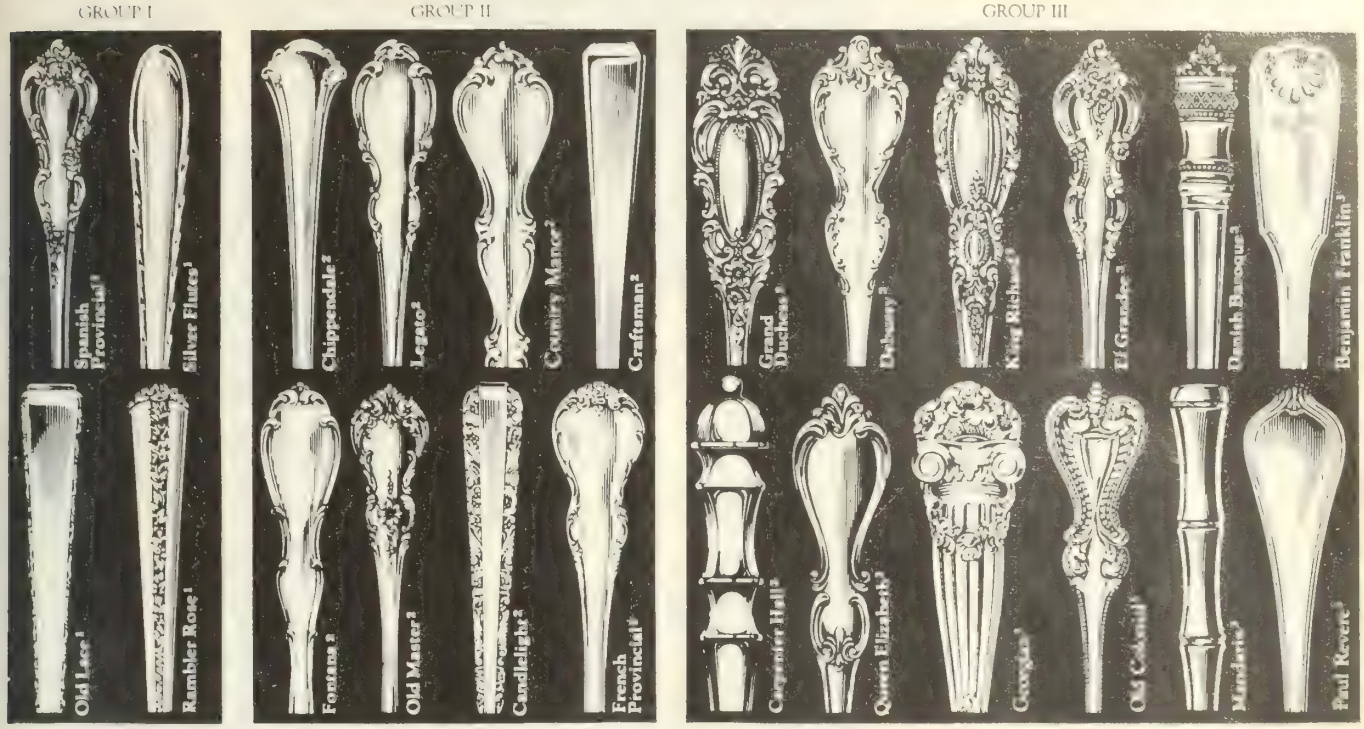
A few last words of advice. Advance reading really pays off in helping you adjust to unfamiliar customs and know what you want to see, so you can organize your time to see it. Guidebooks, histories, novels are all good, and both JAL and the Japan National Tourist Office have lots of helpful materials. *Eating Cheap in Japan* by Kimiko Nagasawa and Camy Condon is a good introduction to Japanese food and can be ordered for $4.45 from the Zen Bookstore, 521 Fifth Avenue, New York, N.Y. 10017. Some other very useful books, especially for Tokyo, are unfortunately only available in Japan, among them *Kites, Crackers and Craftsmen* by Camy Condon and Kimiko Nagasawa, *Footloose in Tokyo* by Jean Pearce, and *Japanese P's and Cues* by Boye de Mente. An early visit to your hotel bookstore is a must. ■

Romantic bouquets
continued from page 58

from paintings, nature ("I absorbed a lot from my grandmother's garden"). "If I make a mistake, I start completely over. If the container and flowers don't work well together, begin again. Keep experimenting, it's the most important part of learning." Mr. Hare's experimenting now has him studying Victorian arrangements —he's added antique vases and épergnes, one by one, to his shelves, but his bouquets are a contemporary interpretation of traditional form. "Don't hesitate to put two or even three bouquets on a single table—a room should be overwhelmed with flowers." ■

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Place Knife	40.00	26.66	43.00	28.66	48.00	32.00
Salad Fork	37.00	24.66	43.00	28.66	49.00	32.66
Spreader	26.00	17.33	30.00	20.00	35.00	23.33
Place Fork, Large	52.00	34.66	59.00	39.33	69.50	46.33
Place Knife, Large	45.00	30.00	51.00	34.00	58.50	39.00
Iced Bev. Spoon	33.50	22.33	39.00	26.00	45.00	30.00
Place Spoon	37.00	24.66	43.00	28.66	49.00	32.33
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*Sugar Spoon	38.50	25.66	42.50	28.33	49.00	32.66
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ON THE BEAM

How to uncover or create your own timbered ceiling: Step by step to professional results

When Patricia Marshall Tate, a Boston portrait painter and decorator remodeled her Beacon Hill, 19th-century town house, a windowless room between the garden and studio presented a challenge. "I knew there must have been a fireplace in this space at one time," she said. "I decided to uncover it." Once the brick mantel came to light, she turned to the ceiling. She felt old beams should be exposed.

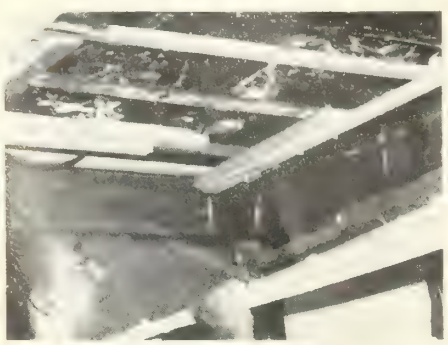
Contractors' estimates for tearing down the ceiling ranged between $800 and $1,500. She turned to an independent sculptor-carpenter, Roy Cato, for help. "It's a minor job for a major improvement," he said. Here's the step-by-step story of the process that any other enthusiastic do-it-yourselfer can follow. (If your ceiling doesn't have beams, see box for how to install them.)

● After punching a few holes in the plasterboard ceiling with a crowbar, Cato pried off small slabs of plaster with the curved end of the bar *(picture* **1**). Within ½ hour, old ceiling was removed.



1. Old plaster removed with crowbar

● Next he pried loose the thin wood strips that crisscrossed the beams that supported the plasterboard **(2)**. Like most ceilings, this one had services tucked out of sight. One electric cable was safely stapled out of sight. An electrician rerouted others before Cato continued.



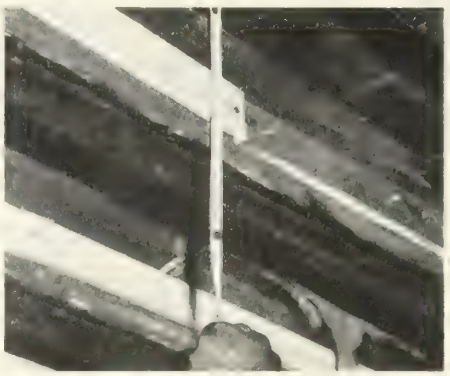
2. Wood supporting strips taken down



Newly exposed, old timbers and brick fire-place in Patricia Marshall Tate's 19th-century Boston town house

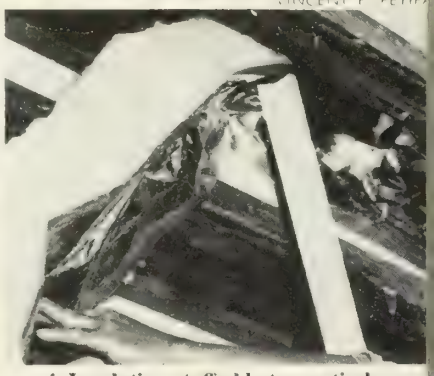
VINCENT F. PETIP

● Preparing for insulation between the beams followed. Cato nailed lengths of strapping (1-by-3-inch pine strips) on to the sides of the beams, about 6 inches down **(3)**.



3. New strapping applied to beams

● Next, thick 6-inch fiberglass insulation was stuffed between the timbers. No staples or nails were needed—tension held it in place.



4. Insulation stuffed between timbers

● To cover the insulation, Cato use rock lathe, a plasterboard paneling tha cuts as easily as cardboard and comes i 48-by-16-inch pieces. Since space be tween beams may vary, Cato took mea surements every 4 feet. He marked eithe end of the panel and using a straightedg cut the rock lathe with a razor knife **(4)** Sheets were nailed up to the strappin with flat-headed rock lathe nails.

Continued on page 15

PUTTING IN NEW BEAMS

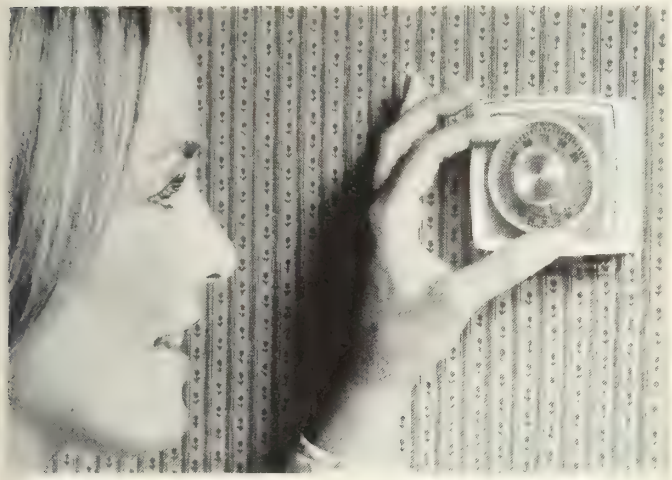
Even if your ceiling is a taut sheet of modern plaster, you can add character with beams. Depending on the size of the room, timbers can be bolted to the ceiling, or simply supported at the walls by intersection beams. Consult a builder about installation. Wrecking yards and salvage companies may have really old beams waiting to be recycled. Alternatively, you can buy newly cut pine timbers, which are reasonable, or indulge in Philippine mahogany, which is expensive. Don't forget, beams don't have to look Early American. The Florentines handpaint them, the Swiss candystripe them. In Venice, they are gold-leafed. Bold painted beams can create an architectural element in a modern room. For a sleek look, plaster is troweled on carefully between beams. Then a "skim" coat, premixed with lime, is applied, for a super-smooth finish.

For the all-wood adobe beamed ceiling, wood between the beams (either floor of the room above or planking in the roof) is simply refinished without plastering between timbers. This type of ceiling requires fewer materials and costs less, but shouldn't be done in a space where quiet is required. With no insulation to muffle noise, every sound can be heard from the room above.

How to save gas when the heat's on.

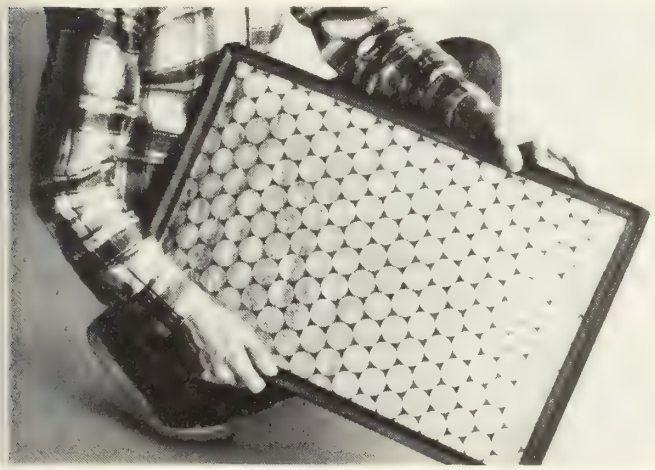
Of all the major energies, natural gas is the most efficient. That comes right from the U.S. Council on Environmental Quality.

If you use gas to heat your home, you can save even more energy by using it in the most efficient way. Just follow these conservation tips.



Turn the thermostat down.

This is the simplest and most effective step you can take. If every one of us with gas heat turns down the thermostat, the energy savings will really mount up.



Change the filter.

If you have a hot air system, check the filter and change it whenever it's clogged. This helps your gas heating system work at top efficiency. Also have the system checked each year, preferably ahead of the heating season.



Insulate the attic.

Adequate insulation in your attic floor will keep you from losing heat through the roof. It can give you gas savings of up to 30%, depending on where you live. If you haven't done this ahead of the heating season, do it now. (It will also keep your house cooler in summer.)



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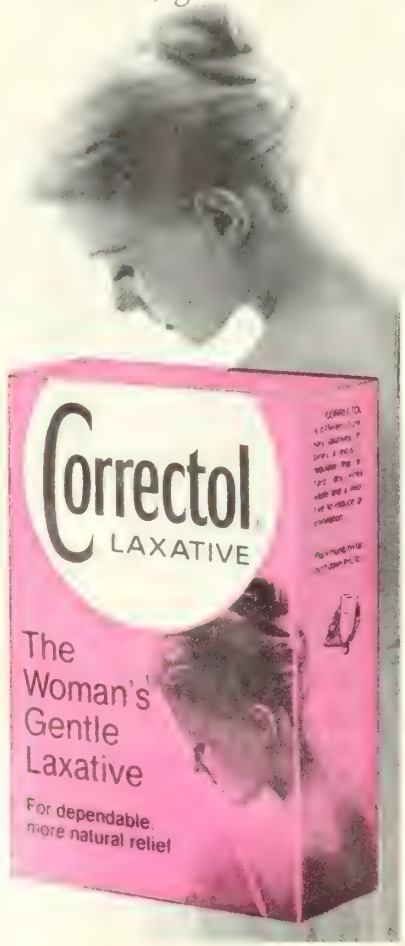
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Correctol's special formula combines a mild laxative with a softening agent.

Its gentle, overnight action helps you feel like yourself again.

So next time, try Correctol. The modern, gentle laxative.



On the beam
continued from page 150



5. Measuring up for rock lathe



6. Rock lathe nailed between beams

● Plastering followed in stages, done a bay at a time **(5)**. Cato kept the plaster about ½-inch thick, so it dried evenly. A "rough trowel" finish gave the look of an authentic Colonial beamed ceiling.



7. Rough trowel plaster completes job

● Sanding the beams took another day's work.
● Then beams were stained and given a coat of linseed oil.
● Finally, a coat of white paint went on to the plasterwork.

Total time: 42 hours.

With a handsome stone floor, walls filled with bookshelves, Mrs. Tate now has a charming live-in library.

Materials:

250 pounds Structolite plaster, $10.50
7 bundles of rock lathe (6 panes in a bundle), $20.15
3 pounds rock lathe nails (flat heads), $1.89
4 rolls of fiberglass insulation, $24
325 feet of 1-by-3-inch pine strapping, $18
Sandpaper, stain, paint, $20
Total cost of materials: $94.54
Labor, 42 hours at $10 an hour: $420
Complete job: $514.54 ■

HOW TO DO YOUR OWN

COMB PAINTING

It's easy to create modern folk art following the techniques of artist-designer Luis Molina, who painted the charming examples on pages 116-117. You'll need scissors, sturdy cardboard, primer/sealer (Mr. Molina recommends Zinsser B-I-N for wood, Rustoleum primer for metal), fine sandpaper, flat or semigloss polyurethane varnish, 3M's Scotch Paper Tape, hair drier, semigloss enamel paint, and acrylic paint. Choose a light-colored enamel base coat, which will show through when the darker acrylic overcoat is combed away.

Cut teeth along one side of a sturdy piece of cardboard about 4 inches square. Vary the width and spacing of the teeth for different effects, according to the size of the object. The bigger the teeth, the bolder the design. A simple design is best.

Brush or spray your piece with primer/sealer. When dry (about ½ hour), lightly smooth away any imperfections with fine sandpaper. Apply an even coat of enamel. When dry (overnight), section off a small area of your object with paper tape. (Paper tape has a very light adhesive that will not harm your painted designs when it is removed.) Apply a topcoat of acrylic paint within the sectioned-off area and, working quickly before the paint can dry, sweep, stroke, wiggle, and scratch your comb through the wet topcoat. Let one section dry before beginning another (a hair drier will speed drying time). Protect finished piece with polyurethane.

Experiment with different combs and hand motions for different effects. Or, instead of combs, you can use corncobs, feathers, sponges, putty rolls, cheesecloth, burlap, crumpled paper, and napkins, as the Colonists did.

A tremulous zigzag made the wavy tray on page 116, a scratch-and-lift motion made the crisscross pattern on the round brown and beige box holding oranges and the pink and terra-cotta oblong covered box. The purple and lavender mirror frame was painted in pie-shaped wedges. The brown and red footstool was combed in one direction with a small-toothed comb, in the other direction with a wide-toothed comb, for a varied crisscross effect. The woodgrained sap bucket involves a slightly more difficult technique, outlined in House & Garden, April 1977, page 104, "How to paint your own woodgrain." ■



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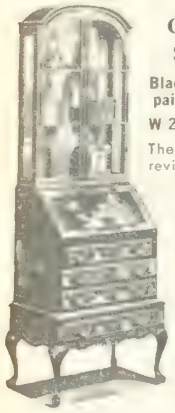
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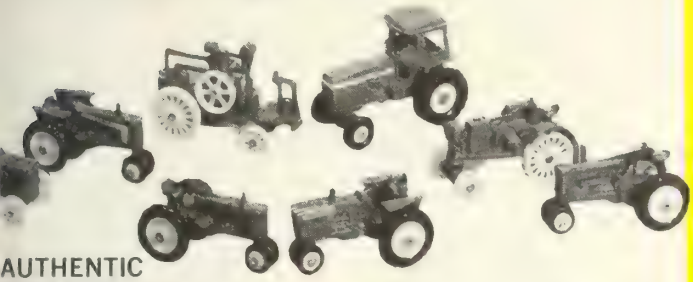
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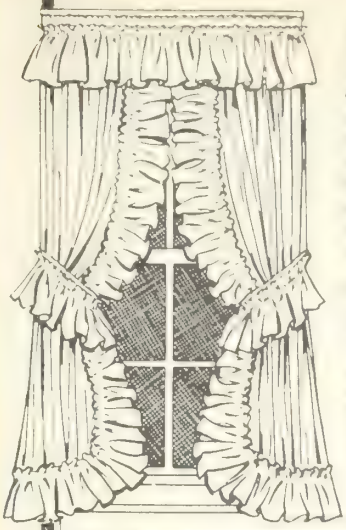
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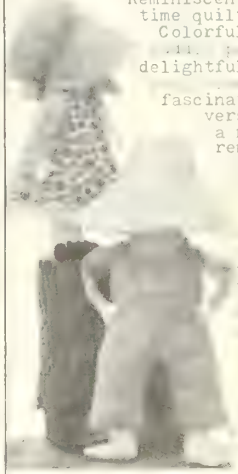
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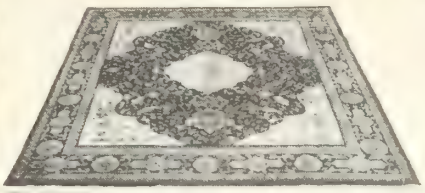
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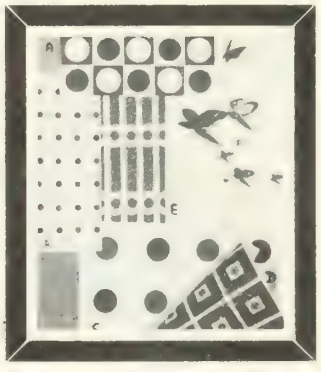
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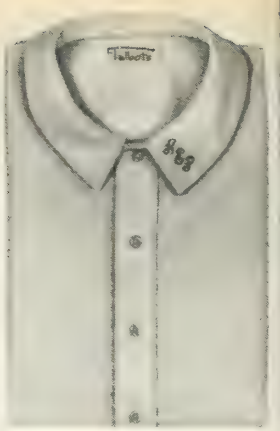
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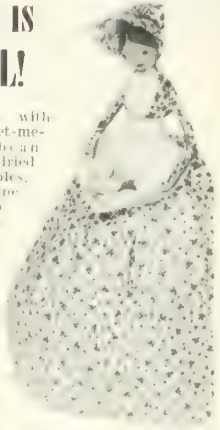
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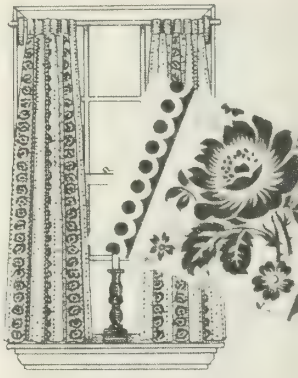
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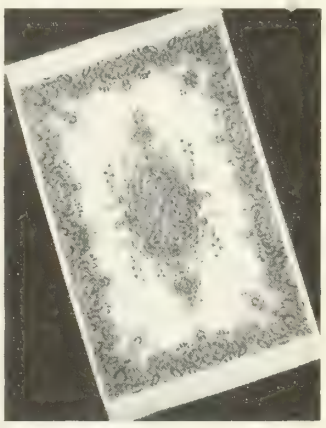
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Amazing "Burn-fat-by-the-hour" program Developed by Doctors at Boston Medical School

BURNS AWAY MORE FAT EACH 24 HOURS THAN IF YOU RAN 14 MILES A DAY!

Incredible "Crash-Loss" Breakthrough Reported in *Reader's Digest* Works So Fast You Can Actually Measure the Difference In Your Waistline In Just 24 to 48 Hours!



Yes, LOSE up to 6 POUNDS the first 48 HOURS — LOSE up to 12 POUNDS the first 7 days — LOSE up to 4, 5, even 7 POUNDS MORE the next 7 days — and continue to burn away as much as 7 to 9 pounds more fat every 2 weeks thereafter, (if you still need it) . . . until you've finally lost 50 — 70 — 100 pounds OR MORE . . . **without fasting, without constant willpower, without constant pangs of hunger or a single moment of body-racking exercise!**

Recommended by the U.S. Government's very own doctors to members of Congress who want to lose weight fast . . . Hailed as the weight-loss "breakthrough of the century" by leading medical journals . . . here at last is the most effective NO-DRUG program for FAST — INSTANT — PERMANENT LIFETIME WEIGHT-LOSS ever made available to the public without a prescription!

WORKS SO FAST THE FIRST WEEK ALONE YOU LOSE AS MUCH AS 1½ TO 2 POUNDS OF BOTH FLUID AND FAT EVERY 24 HOURS!

Direct from the pages of the **N.Y. Times** and **Reader's Digest** comes reports of an incredible "fat burning" breakthrough by medical researchers at one of Boston's foremost medical schools! Reports of a new "crash-loss" program (featuring a remarkable natural substance) that safely yet surely steps up FAT-BURNING METABOLISM . . . forces your system to ATTACK bulging pockets of fat . . . and starts to shrink and burn that fat in just a matter of hours!

Yes, from one of New England's leading medical centers comes the new SUPER FAT-BURNER way to turn up your "inner furnace" . . . unlock those clinging pockets of fat . . . break them down SO FAST . . . you burn off excess bulge at the unbelieveable rate of up to **6 POUNDS of both fluid and fat GONE the very first weekend alone!**

Think of it! You actually burn away more fat each 24 hours than if you ran 12 to 14 miles a day! Lose more inches each week than if you did 300 sit-ups each morning and 300 push-ups each night! Actually LOSE as much as A FULL SIZE THE FIRST 7 DAYS . . . **and from 3 to 5 inches off your waistline the very first month!**

That's right! Weight-loss results and inches-off wonders that absolutely stagger the imagination. Just look:

U.S. ARMY OFFICERS LOSE WEIGHT 3 TIMES FASTER THAN EVER BEFORE!

Case History #1: When medical researchers in Boston, New York, Philadelphia and Los Angeles first tested this new hi-amino concept on a scientific weight-loss program . . . they reported astonishing results of as much as 12 POUNDS LOST IN JUST THE FIRST 7 DAYS! — 16 to 18 pounds gone by the end of week number two — and most mind-boggling of all — U.S. Army Officers actually losing weight 3 times faster than ever before! As much as 50 POUNDS GONE, like that!

WAISTLINES SHRINK UP TO 3 INCHES IN 7 DAYS — A FULL 5 INCHES SMALLER IN A SINGLE MONTH!

Case History #2: When first rumors of this medical breakthrough leaked out to professional actors, actresses and celebrities . . . they immediately rushed to the offices of America's leading weight-loss specialists to get their hands on this "magic compound"; and no wonder! Because the first week alone they carved away as much as 2 pounds a day . . . 13 pounds a week . . . were forced to take in their belts 3 notches smaller in just 10 days!

DOCTORS REPORT: AVERAGE LOSS — 57 POUNDS!

Case History #3: But most significant of all . . . when universities, hospitals and medical schools, (such as New York's Leading Medical School and Cleveland's largest hospital) tested this newly discovered "crash-loss program" on patients who all their lives had been hopelessly overweight . . . they reported astonishing losses of as much as 2 pounds a day at the start . . . 20 to 30 pounds a month . . . as much as 70 pounds lost over a single summer season! — by simply stepping up their fat-burning metabolism and **burning, melting, oxidizing** 50, 70, 100 pounds of hard-set fat . . . FASTER, SURER than they had ever dreamed possible!

WORKS LIKE "POWDERED HEAT" — MAKES YOUR INNER FURNACE BREAK DOWN BODY FAT!

What is this wondrous new development that helps safely stimulate fat-burning metabolism and shrink your body's fat cells the moment it starts working in your system? It is a totally new concept in the war against fat. An ANTI-FAT WEAPON unlike anything you've ever seen, or tried in your life. A FAT-BURNING aid that helps you convert body fat to body fuel AUTOMATICALLY . . . and EVAPORATE excess pounds and inches starting the very first day!

Think of it! A medically proven formula that is such an effective reducing aid . . . that when combined with the food you eat on this "crash-loss" program . . . **burns off as much fat each 24 hours as if you jogged up to 14 miles a day . . . or played 3 hours of tennis in the most brutal heat!**

The name of this wondrous amino formula is "THERA-SLIM-100" and here is precisely how you use it to win the body and figure of your dreams as you:

LOSE UP TO 4 TO 6 INCHES OFF YOUR WAISTLINE
LOSE UP TO 2 TO 5 INCHES OFF YOUR HIPS
LOSE UP TO 3 INCHES OFF YOUR THIGHS
LOSE UP TO 4 INCHES OFF YOUR BUTTOCKS
LOSE UP TO 4 INCHES OFF YOUR STOMACH

and as we've said before, starting not in weeks, but in mere days.

HELPS YOUR BODY CONVERT STORED UP FAT TO BURNED UP ENERGY! At this very moment — having read this far — you are but one short step away from LIFETIME IMMUNITY TO FAT! Now comes your FINAL GIANT STEP into a whole new world of LIFETIME SLIMNESS.

Of course, there is one thing you must keep in mind. With the "THERA-SLIM-100" way to LIFETIME SLIMNESS you cannot gorge yourself on all sorts of fattening foods, candies and desserts. Not that you'd ever want to, because with "THERA-SLIM-100" — due to your new, stepped up metabolism — besides enormous weight-loss you also experience a loss of hunger. Which makes it one of the easiest ways to lose weight fast Now here's how simple it is:

STEP #1 — YOU EAT

In addition to the wide and tasty selection of food you enjoy morning and night, (all scientifically programmed to help maintain a high-level of FAT BURN-OFF) .

STEP #2 — YOU TAKE "THERA-SLIM-100" hi amino compound.

Once a day, you take "THERA-SLIM-100" in a glass of water, (just like refreshing fruit juice). This hi-amino intake helps keep the fat-burning chain-reaction going ALL 24 HOURS OF THE DAY — NON STOP!

STEP #3 — YOU HAVE AUTOMATICALLY STEPPED UP YOUR FAT-BURNING METABOLISM — SO YOU AUTOMATICALLY BURN OFF EXCESS WEIGHT!

In virtually no time at all, you make your inner furnace accelerate fat burn-off. Safely, gently, yet surely you cause a gradual change in your fat-burning metabolism as you "rev-up" that inner furnace.

The result: Your body begins to eliminate stored-up fat and fluid at a rate so incredibly fast, the very first weekend alone YOU DRAIN AWAY AS MUCH AS 5 OR 6 POUNDS!

In short, with the "THERA-SLIM-100" weight-loss program, you force your body to automatically convert body fat to body fuel . . . automatically shrink fatty cells . . . drain off excess flab . . . flush it right out of your system ONCE AND FOR ALL!

Never before has medical science offered you a surer, faster, more effective weight-loss method, (short of total fasting) than this super fat-burning breakthrough development at one of Boston's Leading Medical Schools.

THE FACTS ARE IN! THE RESEARCH IS DONE! THE INCREDIBLE WEIGHT-SLASHING RESULTS HAVE BEEN PROVEN BEYOND A SHADOW OF A DOUBT BY MEDICAL SCHOOLS — HOSPITALS — DOCTORS — AND SCORES AND SCORES OF OVERWEIGHT PATIENTS! NOW THE FINAL STEP IS UP TO YOU!

REMEMBER: You must see dramatic results in just 24 hours — results you can measure with both your scale and your tape measure . . . you must lose:

up to 6 lbs. the first 48 hours
up to 12 lbs. the first 7 days
up to 7 lbs. more the next 7 days

or it costs you nothing! Simply return within 10 days for full refund (except postage and handling, of course). Act now!

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IF YOU READ NOTHING ELSE — READ THIS!

What you see on this page is the announcement of the latest breakthrough by medical science in the war against fat. Developed at one of Boston's leading medical schools, the incredible weight-loss results this new "crash-burn" program delivers are so astonishing (average loss 57 lbs.) it has been featured in every leading medical journal . . . given headline coverage in such outstanding publications as **Reader's Digest** and the **New York Times,** to mention just a few: Aside from — ABSOLUTE STARVATION — there is no surer, faster, more effective way to slash away pounds and inches than with this Boston Medical School discovery.

However, before starting we advise you to consult with your physician to be sure you are in normal health and your only problem is obesity. Individuals with gout, heart disease, diabetes or pregnant women should not use it at all. As a matter of fact, we insist that you show this entire program to your family physician . . . have him check you regularly to make sure you're not losing too much, too fast . . . and advise when you've lost enough. See if he doesn't agree that the "THERA-SLIM-100" road to Lifetime Slimness, including the recommended progressive daily toneup, isn't by far the most effective approach to the conquest of obesity ever developed by medical science.

MAIL NO-RISK COUPON TODAY

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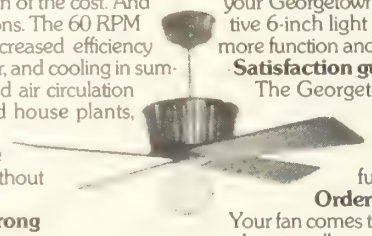
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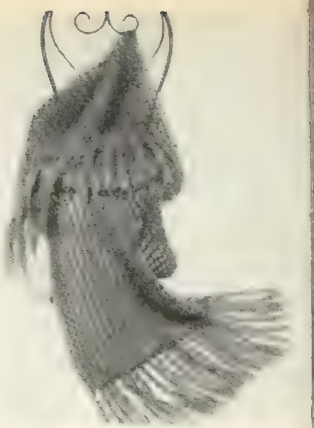
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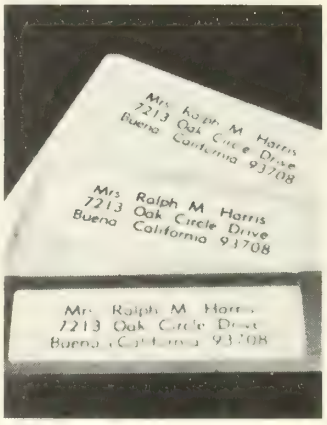
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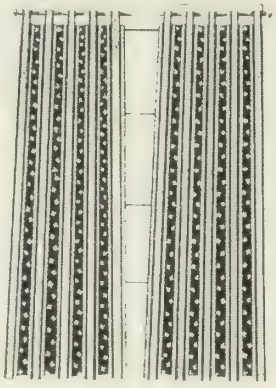
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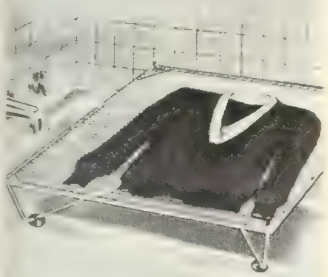
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Personalized picture has child's first or first and middle name and date of birth in gold ink. Ringmaster in red and white felt, for boys; calico girl in red with blonde, brown, gold or red hair, cat or dog. Print orders. $12 each, ppd. Abigail's Attic, HG2, 379 Alden Way, N. Brunswick, NJ 08902.



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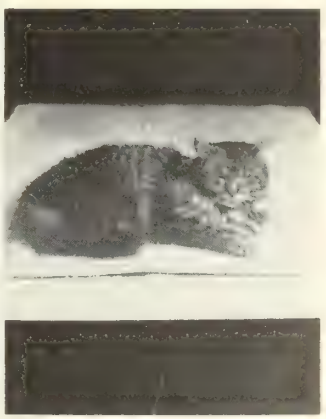
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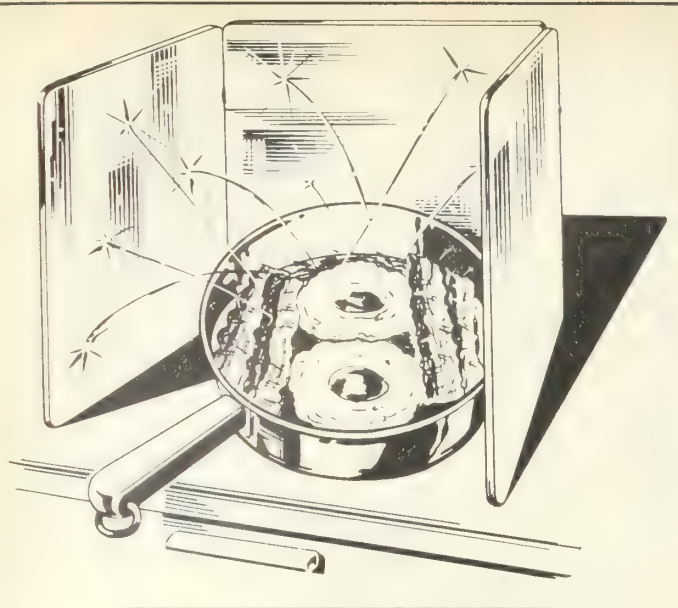
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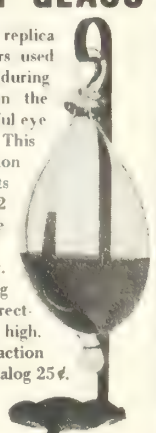
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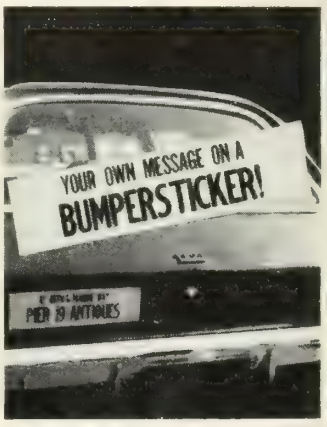
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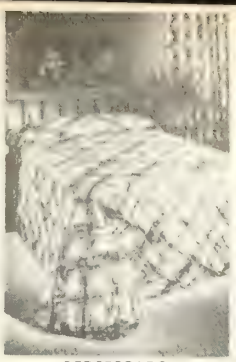
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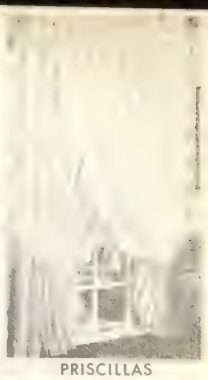
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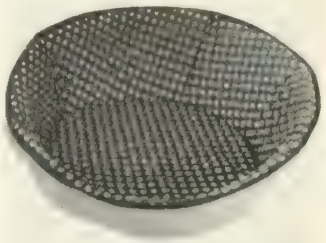
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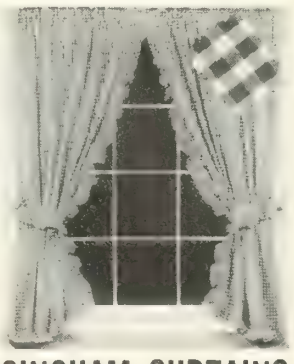


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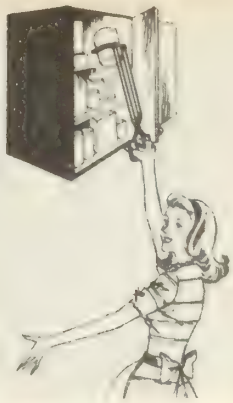
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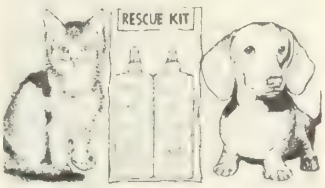
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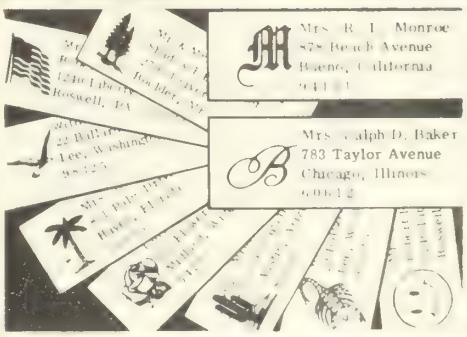
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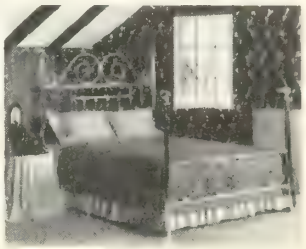
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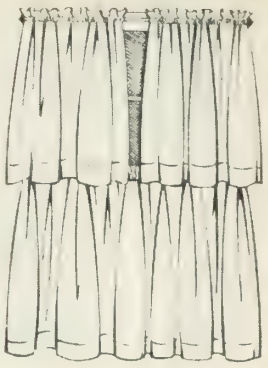
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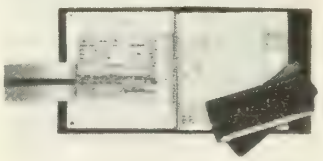
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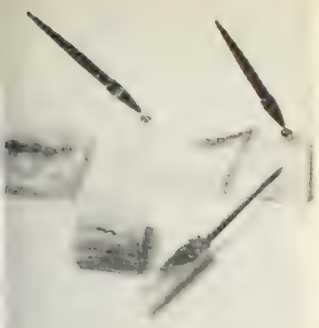
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Polished richly veined onyx plus a brass plate make a desk set fit for royalty. Double pen holder with Parker pens, ash tray, paper weight and letter opener. Brass plate may be engraved. $49.95 plus $2 post. Color catalogue, 50¢. ARBB International, HG2, 90 West St., New York, NY 10006.



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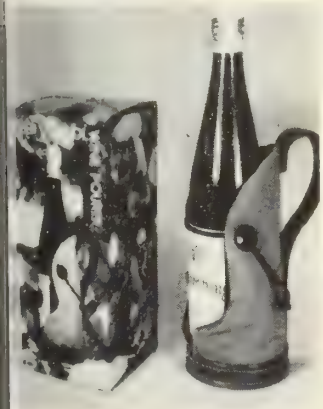
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Perfect solution for drip dry garments, sheer curtains, hosiery. Adjustable 25" to 31" chrome-finished bar, hooks over shower rod, locks in place. No screws or adhesive; garments drip in tub. $4.98 plus 95¢ post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



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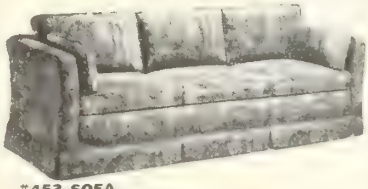
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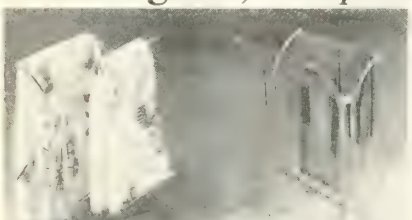
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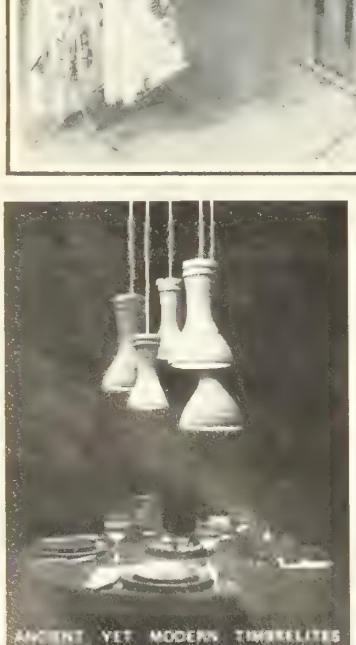
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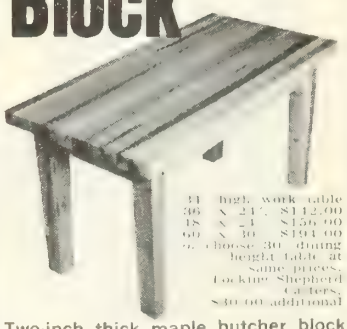


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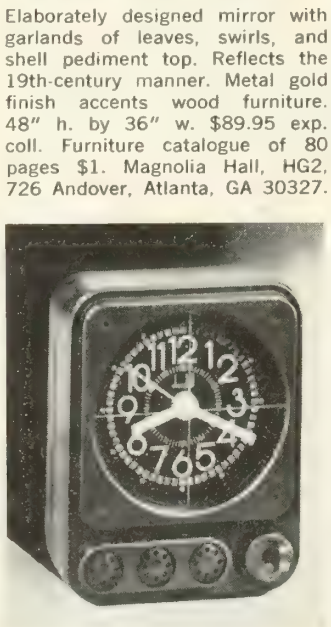
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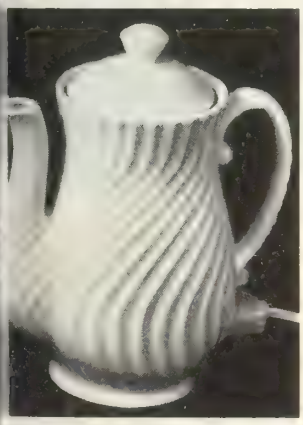
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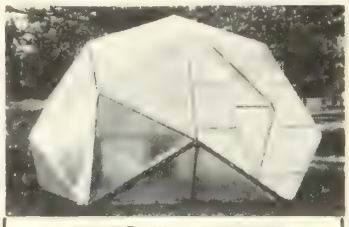
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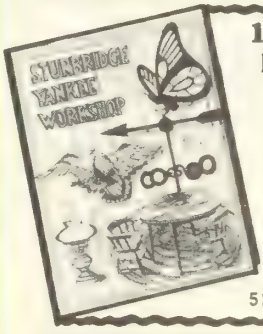
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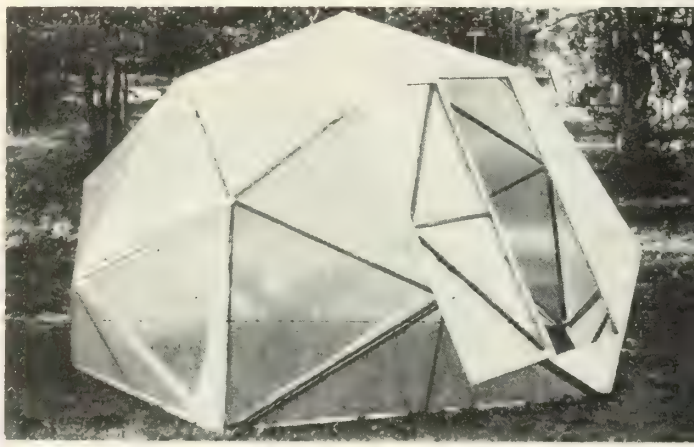
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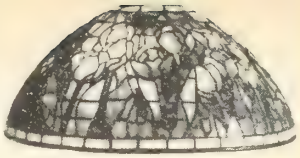
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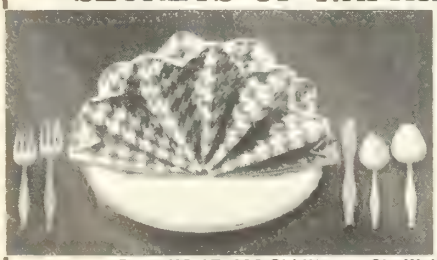
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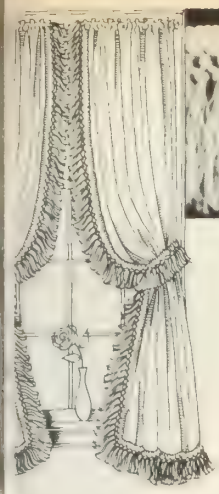
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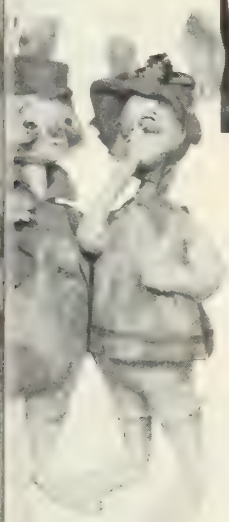




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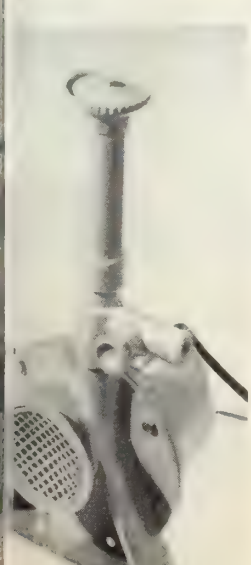


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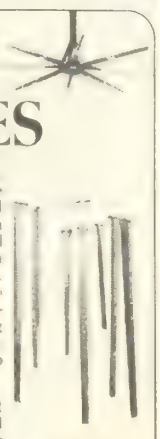
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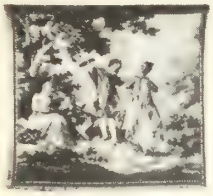
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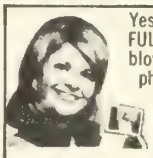


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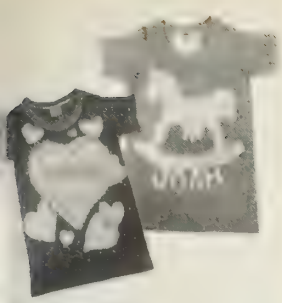
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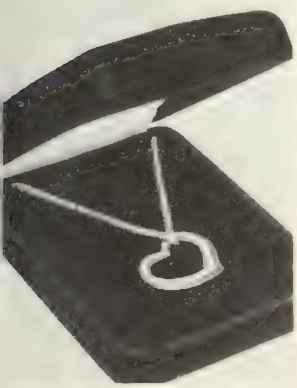
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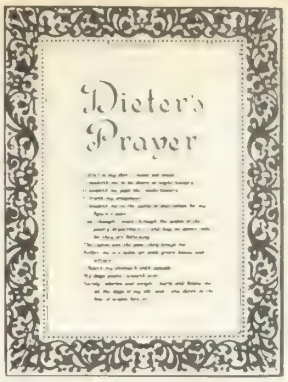
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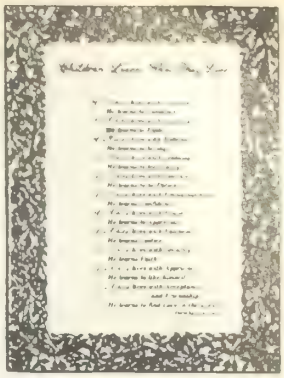
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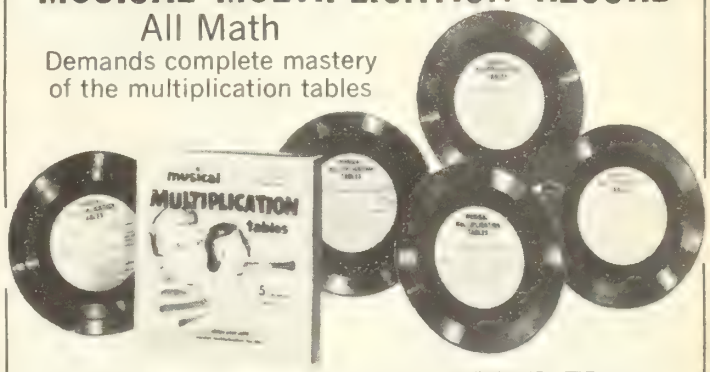
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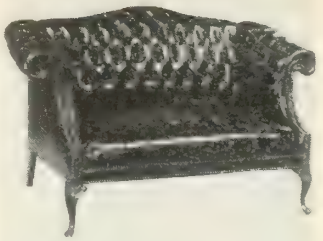
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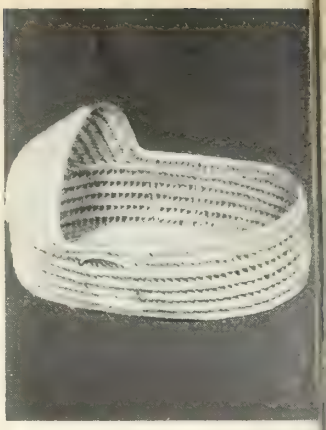
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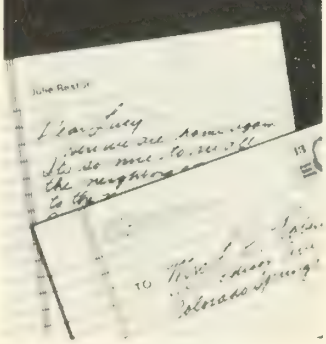
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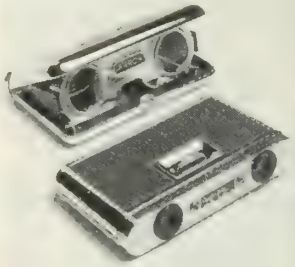
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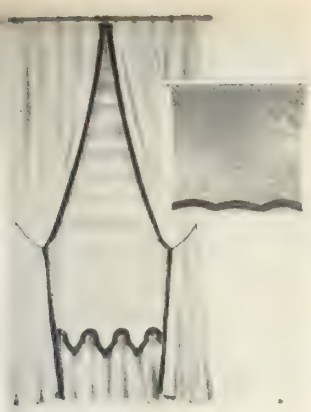
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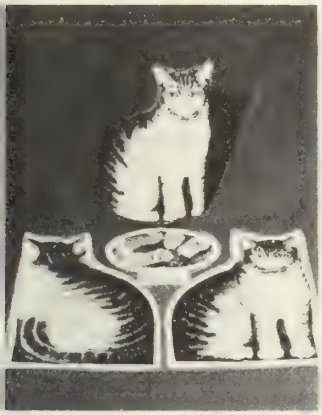
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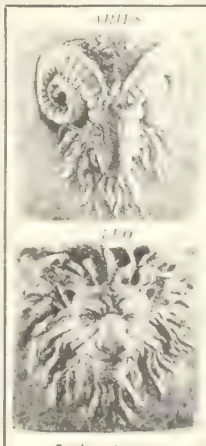


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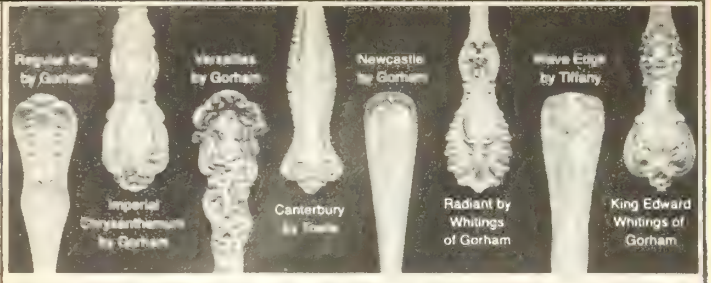
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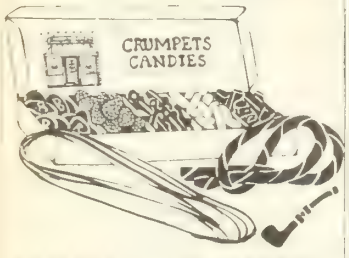
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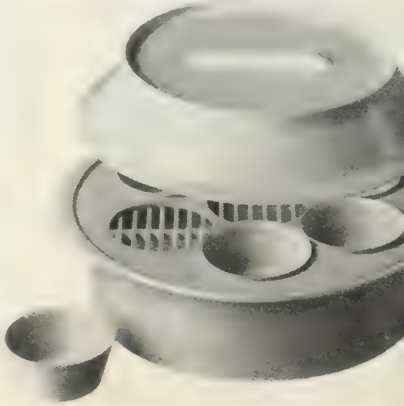


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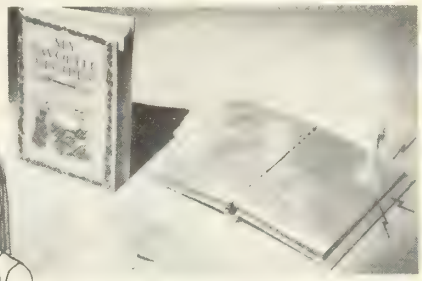
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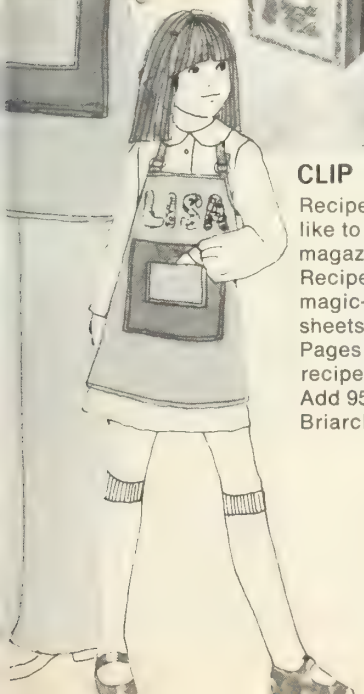




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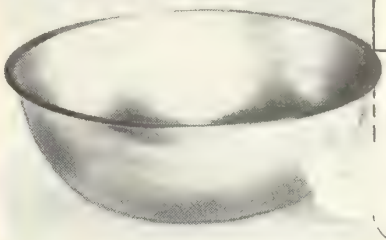




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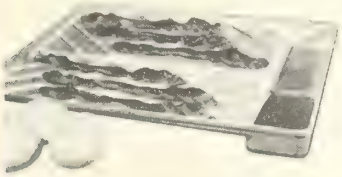
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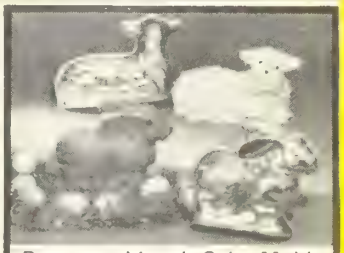
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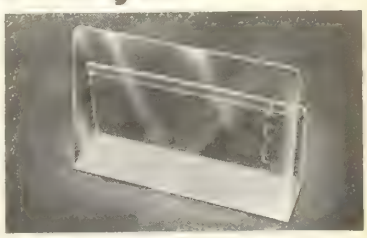
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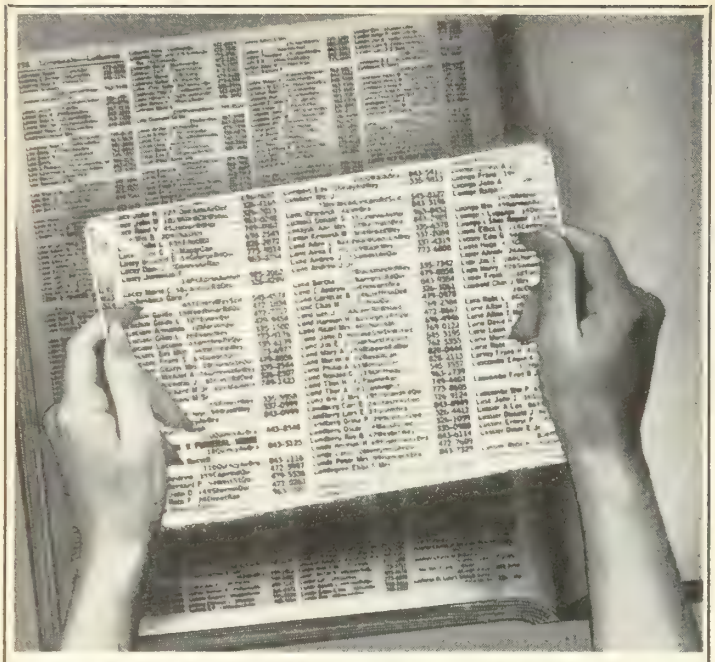


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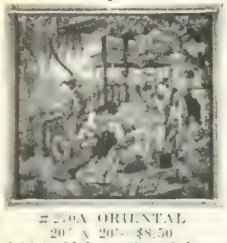
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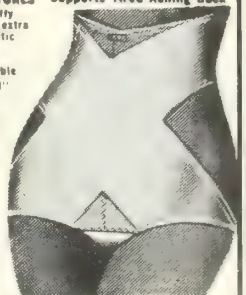
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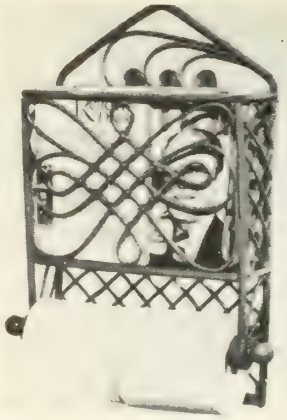
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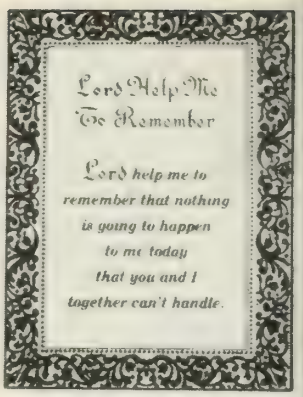
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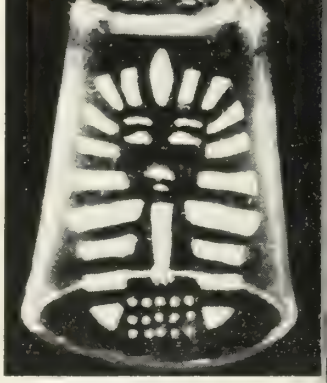
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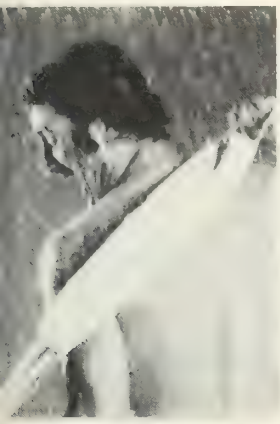
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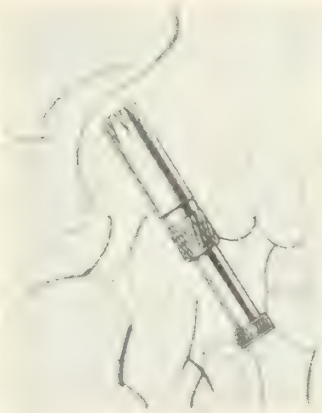
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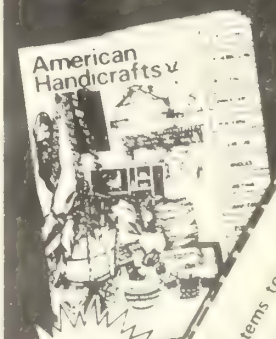
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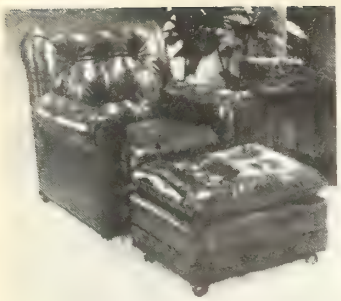


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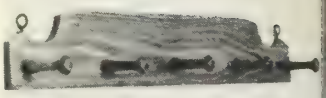
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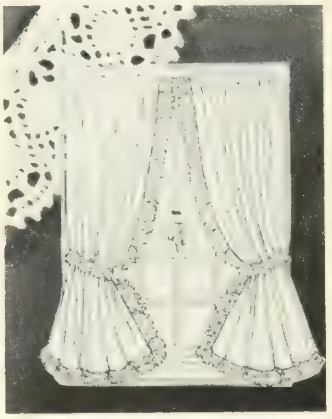
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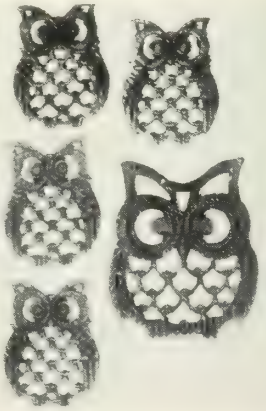
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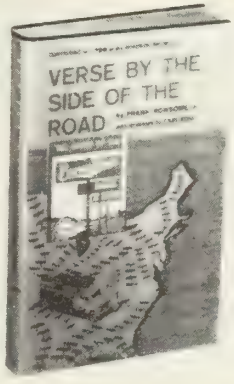
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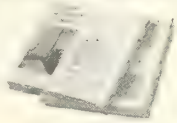
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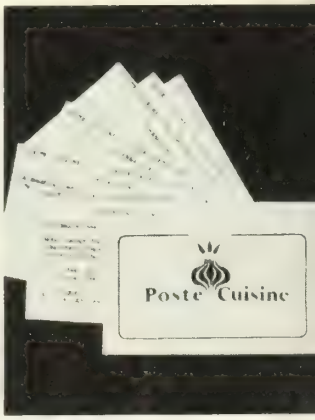
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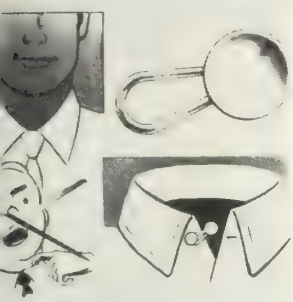
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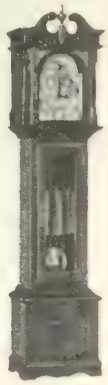
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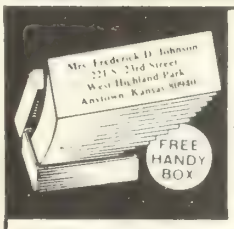
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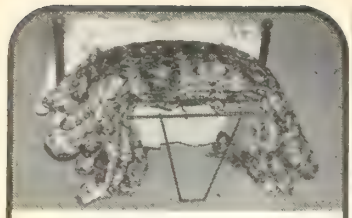


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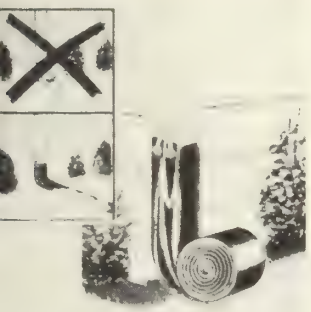
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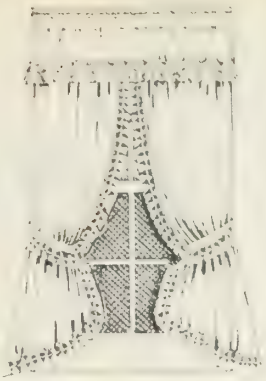
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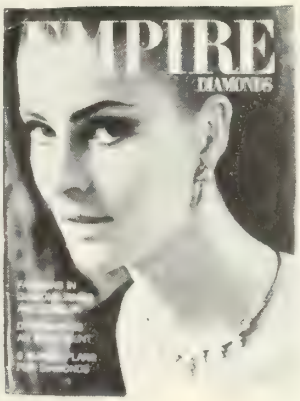
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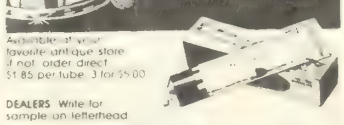
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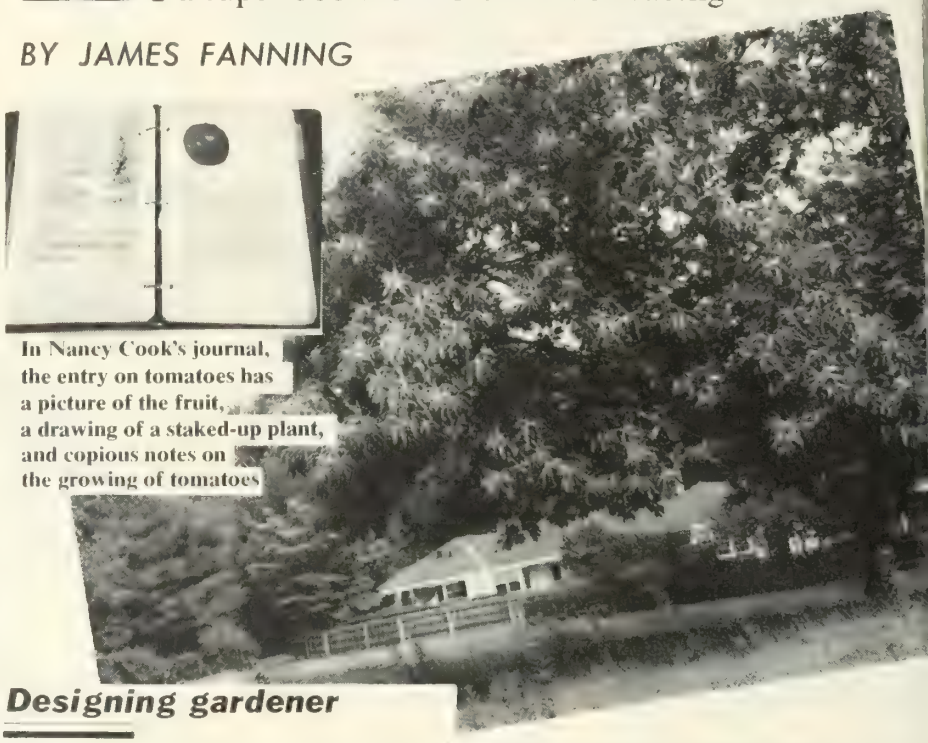
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GREAT GROWING IDEAS



Keeping track with a garden journal, flowerpots made out of bricks and a super book for winter's end reading

BY JAMES FANNING



In Nancy Cook's journal, the entry on tomatoes has a picture of the fruit, a drawing of a staked-up plant, and copious notes on the growing of tomatoes

Designing gardener

Every gardener keeps—or should keep—a journal. As a record of what goes on this year, it will be invaluable in helping decide when to do what *next* year. One avid gardener, whose journal might serve as a model for others, was Nancy Cook, who worked with Eleanor Roosevelt at the Val-Kill crafts shop in Hyde Park, N. Y. She designed the furniture and pewterware made at Val-Kill; pieces that have, in the 30-odd years since the shop ceased operations, attained the status of heirlooms. Her design sense extended to the outdoors, and the Val-Kill property became a trial ground for her developing interest in gardening and garden design. Like so many of us, she learned from her mistakes. Her most amusing blunder was to plant barberry bushes near the Roosevelt swimming pool. King George VI called her attention to the mistake by backing into one of the prickly shrubs while wearing a bathing suit. The king's language on that occasion, Miss Cook reported, was *not* the king's English! In later years, at the house she shared with Marion Dickerman in New Canaan, Conn., gardening became Nancy Cook's prime interest. She designed landscaping for the house, and, once the planting was done, devoted herself to keeping it in topnotch condition. Her toolshed was a model of its kind, with the very latest of hand- and motor-powered equipment, much of which has become obsolete, but her journals remain as models of their kind. In them, each kind of plant in the garden has a page—in some cases several pages—of its own. Each entry begins with a picture of the plant, with its botanical name and a brief over-all description. The rest of the space is devoted to notes about care of the plant—the kind of soil in which it grows best; when it flowers or how much fruit it produces; what problems may be encountered and how they should be dealt with. So Nancy Cook's gardening knowledge grew year by year, until she became an expert, acknowledged as such by neighbors, friends, and visiting professionals. We don't all have her flair, of course, but we can all profit by her example, particularly when it comes to keeping notes about the goings-on in our gardens from year to year. It is good to know that Nancy Cook's own journals will be preserved in the library of the New Canaan Garden Center, not far from the house where she spent so many years of devoted attention to her garden.

A gift from financier Bernard Baruch, this Chinese chestnut continues to flourish in Nancy Cook's garden, bearing heavy crops of nuts year after year

Superbook

The word encyclopedic is barely adequate to describe *The Green Thumb Garden Handbook*, by Doc and Katy Abraham (Prentice-Hall, $11.95). The distillation of years of answering questions about gardening, the Green Thumb Handbook was written specifically to help everyday indoor and outdoor gardeners solve their problems. The Abrahams, in case you didn't know, have written a syndicated gardening column for so many years that their total correspondence now numbers into the millions of letters. All of this has given them an unparalleled expertise in garden problems of all kinds, and their book is specifically designed to help the same kind of people who write to them for help. It's all here, neatly organized with plant lists, pest lists, methods of treatment for various ills, and sound, down-to-earth general information, all illustrated with clear line drawings.

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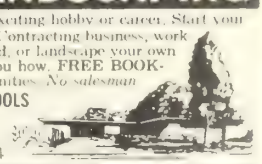
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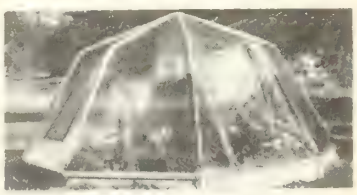
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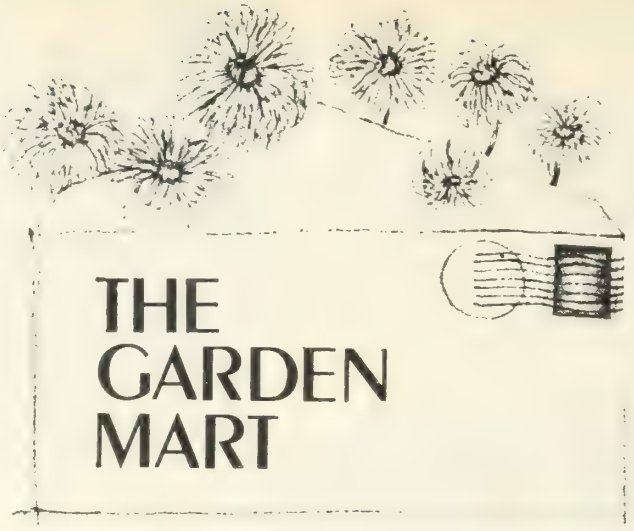
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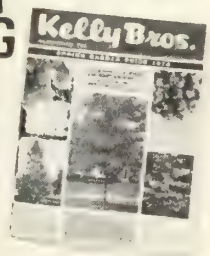
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3. "ALMOST ALL ABOUT HOME INSULATING" is contained in this booklet from Scientific Applications, the Homefoamers people. Foam insulation is compared with fiberglass and rock wool. Installation methods are detailed for brick, stucco, and homes with aluminum siding.

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5. "A WORLD OF WINDOW BEAUTY"— is contained in this catalogue featuring Flexalum Decor Blinds. Many decorating ideas, plus easy measurement and installation instructions; and a chart illustrating the many colors available, including House & Garden coordinated colors for every decorating need. Hunter-Douglas. 50¢

6. "LIFESTYLES" — 196-page, full-color book from Drexel Heritage Furnishings. Filled with furnishings and decorating ideas to help you create a home environment that reflects and enriches your lifestyle. Includes advice from leading designers, decorating tips, and a revealing Lifestyle Quiz. $7.50

7. PRESERVE THE AMERICAN PAST with Historic Charleston Reproductions. Illustrated book displays, individually and in historic settings, Queen Anne, Federal, Chippendale, and Regency-Empire furniture. Also featured are silver, crystal, pewter, and china pieces reproduced from Historic Charleston. Baker Furniture. $4

8. WINDOWS BEAUTIFUL—VOLUME VI. A complete and authoritative book on window treatments. Room-setting photos in color, examples of most popular types of treatments, styles suitable for various rooms, ideas for common and problem windows, how-to for measuring and sewing, basic treatments. Kirsch Company. $1.95

Eating and entertaining

9. COOK WITH COCOA—for rich, moist, chocolaty desserts. Picture-card portfolio features original, tested recipes for a variety of appealing, cost- and convenience-conscious desserts, cookies, candies, etc. A set of blank cards provides space for your own favorites. "The Dessert Collector" from Hershey Foods Corp. $2.95

10. THE NEWEST "IN" DRINK of Europe and South America, Cynar, is now available in fine restaurants and liquor shops. Colorful recipe booklet describes tantalizing and thirst-quenching Cynar.

Gardening

11. HOW TO HAVE A BETTER LAWN AND GARDEN. Free two-year subscription of Lawn Care, O.M. Scott & Sons' mini-magazine. Contains seasonal checklists, how-to articles, and the latest news on lawn and garden care. O.M. Scott & Sons.

12. ENDLESS SUMMER in Everlite Aluminum Greenhouses. Twenty-eight-page booklet gives information on eight models, both lean-to and freestanding. They come in sections to meet any space need, along with accessories such as temperature controls and shelving.

13. THE 1978 CATALOGUE from Wayside Gardens contains pages of popular and unusual flowers, shrubs, and trees, many available only from this catalogue. Hundreds of full-color illustrations. Helpful cultural information, too. Charge refundable on first order. Wayside Gardens Company. $1

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14. "UNDERSTANDING HIGH FIDELITY" —a booklet designed by Pioneer Electronics Corporation to demystify the principles and terminology of hi-fi, and to foster a wider, clearer appreciation of its basic components. Each piece of the hi-fi system is explained in detail; plus a buying guide and a glossary. $2

15. EASTER EGG DECORATING IDEAS. Easy, inexpensive creative things to make from eggs and eggshells, using cold water fizz tablets for instant bright colors. This 11-page booklet displays and gives directions for making many designs to help make Easter more special. Plough, Inc.

16. STEAMBOATIN' ON THE MIGHTY MISSISSIPPI. Or the Beautiful Ohio. Return to heartland America aboard the paddlewheeler Delta Queen, or the luxurious new Mississippi Queen. The romance and historical flavor of riverboat life is appealingly outlined in this 1978 cruise brochure from the Delta Queen Steamboat Co.

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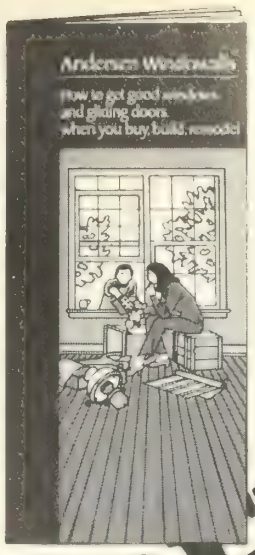
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DISCOVER TRADITION
Page 88
"Miranda" footed cake plate: 10" diameter. 7" high. Pressed glass. Textured surface. $28. By Arabia. At Lord & Taylor; Marshall Field, Chicago.

LIVING ROOM
Pages 92-3
Cotton durrie rug: From Jack Soskin Assoc.*
Plants: At Arrowhead Gardens, Wayland, Mass.
Page 94
Cocoa Panama sisal rug: 13'2" wide. $13.25 per square yard. From Saxony Carpet.*
Imari print cotton: 54" wide. $11 a yard. By Jay Yang. From B. Berger*, Cleveland.
Page 95
"Cap Ferrat" cotton duck: 48" wide. 27" repeat. $27 a yard. From Alan Campbell.*
Natural canvas duck umbrella: Round, 118" to 182" diameter. Square, 118" to 158". $635 and up. Metal base, $150. From The Wicker Works*, San Francisco. In New York, through Jack Lenor Larsen.*
Bali rattan tub chair: 23" x 24" x 33½" h. $120. From Trouvailles.*

COMB PAINTING
Pages 116-117
Hardwood love seat: 50" x 22" x 35" h. Weatherproof finish. Gray only. $105 unassembled. By Camath. At Conran's.

LIVING WITH POINT OF VIEW
Page 129
Clockwise, from top left: Aluminum kettle: 2 qt. $33.95. Aluminum preserving pot: 6 qt. $17.95. Covered aluminum saucepan: 3 qt. Wooden handle and knob. $19.95. Tin roasting pans: 12", $4.75; 14", $5.75. **Folding metal wine rack:** 19" x 22" h. $16.95. **Two-tiered wooden shelf:** 15" wide. $8.75. **Glass herb jars:** 9½ cm. diam. Plastic glass-topped stoppers. $1.35 ea. **"Country Kitchen" modular storage:** Pine cabinets, cupboards, drawers, shelves. Stainless steel countertops, sinks. Unassembled, from $44. Shown, pine base with 1 drawer, 2 cupboards, stainless steel countertop and sink without faucet, $350. Wall clock: 6½" d. Plastic case. Battery operated. By Terence Conran. $15.95. **Pottery:** Ovenproof casserole: 2 pt. $5.50. Terra-cotta parsley pot and saucer: 12" h. $17.75. Glazed serving dishes: 8", $6.95. 10", $7.95. Cork-topped spice jar: 1 cup capacity. $2.40. Cork-topped salt jar: 4" x 4½" h. $5.50. Pottery jug: 4 pint, $10.50. Two-tone ovenproof casserole: 4 liter. $7.50. **"Bistro" steel cookware:** 6½ pt. casserole, $16.50. 2½ pt. covered saucepan, $12.95. 6½ pt. covered saucepan, $19.50. 4 pt. casserole, $15. 10½" frying pan, $13.95. Covered oval roaster: 13½" long. $25. **"Fasano" pottery:** Large bowl, $3. Platter, $6.25. Small bowl, $3.25. Salad plate, $2.75. Dinner plate, $2.75. Pitcher, $5.75. Mug, $3.25. **Classics:** 2 pt. churn jug, $6.25. White porcelain bowl, $12.95. 1 lb. covered pâté tureen, $14.95. Ovenproof oval ceramic platter, $14. Glass coffeepot: 6-8 cup capacity. $15.95. Oval earthenware pie dish, $2.50. Oval earthenware pastry dish, $4.35. Small earthenware bowl, $3.25. Large earthenware bowl, $4.50. All at Conran's.

WINE & FOOD COVER
Page 131
"The Souffle Plus" stacking glass containers: Heat-resistant. 1, 1½, and 2 qt. sizes. 3 pc. set, $18. By Corning Glass Works. At Macy's California, San Francisco; The Pottery Barn.

FRUIT
Page 135, top right
"The Glasserole" ovenproof casserole: 1¼ qt. capacity. $12. By Corning Glass Works. At Joske's, Houston.

BUILDING FACTS

Materials and equipment used in the house on pages 120-125

DESIGNER: Michael E. Jantzen
INTERIOR DESIGNERS: Michael and Ellen Jantzen
CONTRACTORS: Michael and Ellen Jantzen
SIZE OF HOUSE: 2,372 square feet.

STRUCTURE
Foundation: Block with concrete footings
Framing: Laminated wood arches by Capital Building Systems Inc. and standard wood frame construction.
EXTERIOR OF HOUSE
Exterior walls and roof: On all exterior curved surfaces, on the north exterior wall, and for the solar absorber plate inside the air collectors, Rigid Rib Steel Roofing and Siding by Republic Steel Corp; on vertical exterior siding, Sanspray siding by Sanspray Corp; water sealant for top surface of roof, Geocel Ltd.
Insulation: For all curved surfaces, spray on insulation by Insta Foam Products Inc; in all vertical exterior walls, around foundation, in floor, and around rock solar storage containers Thermax TF600 foam insulation board by the Celotex Corp; Pyrocrete L/D fire retardant foam insulation by Carboline Co; silicone caulks by Dow Corning Corp.
Window Shutters: Insulated window shutters by Therma-Roll Corp.
Ramps and platforms: Steel grating by Thomas Inc.
Windows and skylights: Plexiglas by Rohm & Haas Co.
Doors: Formica laminate by the Formica Corp.
INTERIOR OF HOUSE
Interior walls: In major rooms, plaster and pine; in studio and bedroom, Planktex siding by Champion Building Products; in kitchen, Weldwood birch plywood by Champion Building Products; in baths, plaster and cypress boards.
Interior doors: Decolam by Champion Building Products, Inc.
Ceilings: In major rooms and kitchen, pine boards; in baths, cypress.
Floors: 1" x 6" tongue-and-groove yellow pine.
Lighting: A.C. lighting, fluorescent Ultralume 3000 lamps by Westinghouse Electric Corp.
Interior paint: Green trim by Hardware Wholesalers Inc.
Music system: D.C. stereo cassette player, AM/FM stereo system, earphones, auto quatravox 4-channel synthesizer, portable AM/FM stereo cassette recorder/player, and spherical speakers by Radio Shack.
Cabinets and countertops: Cabinets of birch plywood by Champion Building Products Inc. with Formica laminate countertop by the Formica Corporation.
Furnishings: Furniture designed by Mike and Ellen Jantzen of birch plywood by Champion Building Products, Inc.; soft seating covered in Naugahyde by Uniroyal Inc; crockery in kitchen by Nelson McCoy; china by Jepcor International Inc; flatware from The Silo.
MECHANICAL EQUIPMENT AND APPLIANCES
Computer: TRS-80 Micro computer system by Radio Shack.
Plumbing Fixtures: Bio-Flo toilet by Pure Way Corp; shower liner of corrugated fiberglass panels by Filon Corp.
Appliances: Energy-saving refrigerator Model ESR-16 and Touchmatic Radarange microwave oven by Amana Refrigeration, Inc; combination gas and wood stove by Monarch Co.
Hot-water heater: Solar water heater by Heliotrope General; backup electric water heater by Chronomite Labs.
Heating system: Sunlite fiberglass panels for solar collector covers by Kalwall Corp; reflective material used on insulated panels, over windows, for bed canopy and shower curtain, space blanket by Metallized Product Div. King Sealey KST Thermos Co; backup heating, complete combustion wood heater by Riteway Mfg. Co; stainless steel insulated stove pipe, accessories, and floor registers by Hart & Cooley Mfg. Co.
Cooling system: Aluminum turbine ventilators by Lomanco Inc.
Energy cycle: Energy cycle and accessories by Rodale Resources.
For more of Mike Jantzen's designs see House & Garden October 1975, August 1976, and August 1977.
To order furniture designed by Mike Jantzen (and/or plans for do-it-yourselfers), write for description and price list to Box 172, Carlyle, Ill. 62231. ■

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MARCH 1978

HOUSE & GARDEN®



Trees as sculpture, page 124



Year-round spring, page 138



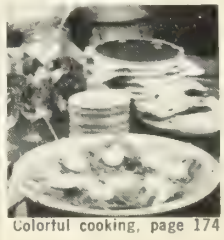
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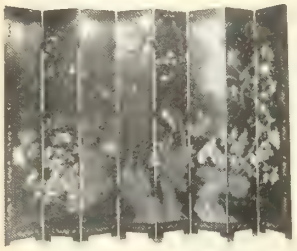
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interiors

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HORST

On the cover: An 1811 barn with its original hand-hewn oak beams and wide-board spruce floor is whitened and brightened with lots of blue and lots of flowers, in chintz and in pots. The chintz slipcovers the sofa, chair, ottoman, and a window seat piled with ruffled pillows. The pots hold bougainvillea and aeschyanthus spilling from hanging baskets, and cyclamen in a ceramic crock on the table. Crisp blue Roman shade of cotton sailcloth pulls over small-paned windows that replace original overhead barn doors. More blue and white on floor, a durrie rug from Coury. Cotton chintz from Pierre Frey collection for Schumacher. W & J Sloane furniture. Doug Ohlson painting from Susan Caldwell Gallery. Shopping information, page 217.

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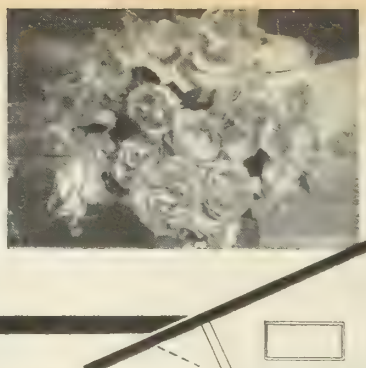
La Scala (1964) | Chantilly (1895) | Buttercup (1899) | Melrose (1948) | King Edward (1936)

unmistakably Gorham

ORIGINALS IN STERLING, CHINA, CRYSTAL AND PEWTER

Living

Decorating • Design • Plants
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Lofty Dreams



A bedroom over the eaves

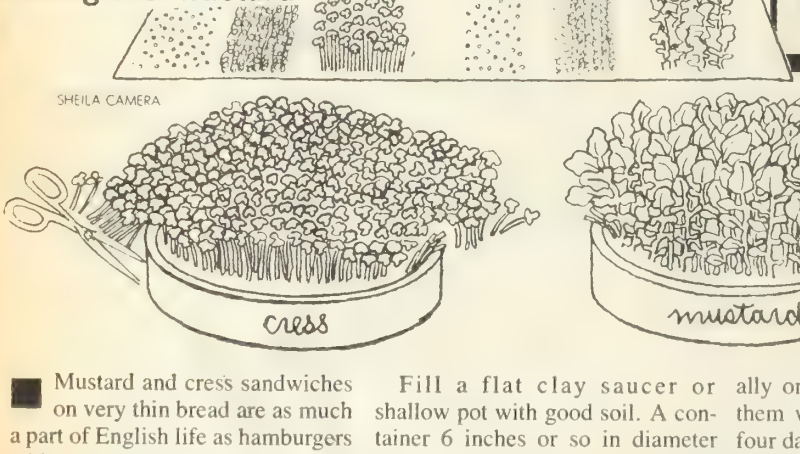
Design news

LONDO

Children aren't the only ones who adore treehouses. Grown-ups love them too, but with *some* variations. When an extra sleeping space was needed for a cabin in the woods, architect Burt Roberts and designer James Smith "went through the roof." Using only acrylic panels and wood for construction materials, they opened a small section through a bedroom roof and made a sleeping loft just large enough to accommodate a queen-sized mattress, which the owners covered with rich Oriental rugs and tasseled pillows. The designers used acrylic panels for walls and even for a see-through section of the floor. Access is by a ladder; a closet and dressing room fill in the space underneath. The experience of the loft now makes it the family's favorite place to be. For more detailed plans of the sketch above, as well as a selection of photographs of the angled structure, write James Walton Smith, Dillard Rd. Highlands, N.C. 28741.

Garden art

Cutting the mustard

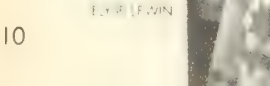


SHEILA CAMERA

Mustard and cress sandwiches on very thin bread are as much a part of English life as hamburgers with ketchup are American. You won't find them on a menu this side of the ocean, so grow your own. Both cress and mustard — in this case the fresh green plant — are easy and quick to grow.

Fill a flat clay saucer or shallow pot with good soil. A container 6 inches or so in diameter sown with the seeds and placed on a sunny window sill will provide a platterful of sandwiches in a week. Since mustard sprouts faster than cress, your planting will be a two-step affair. Scatter cress seeds liberally on half of the soil and cover them with a thin layer of soil. In four days the cress will be up. Now plant the mustard which will sprout in two days. Two or three days later you're ready to harvest. Sheer off the greenery and enjoy. Order mustard and cress seeds from Burpee's.

RICHARD LANGER



An A-Mewsing Afternoon



When Mrs. Joan Axelrod returned to live in Los Angeles a few years ago, she brought with her two housesful of furnishings she had collected in London. Some months ago, she had opened a shop in West Hollywood in an old, romantic house that's surrounded with fretwork and greenery where everyone drops by for a glass of wine or a cup of coffee, to chat and to browse through her one-of-a-kind pieces. Each room of "The Mews" is filled with presents for that room's function: crystal, old silver, place mats, flowers, candlesticks, chairs, even an antique table in the dining room; warm, intimate things for the bedroom; cooking gear and kitchen art in the kitchen. Friends have contributed their share, too. One has done some ingenious suitcase bags for packing everything from your shower cap to stockings, makeup, and jewelry. The bags are made of pretty Welsh cottons and cost from $7.50 to $25 each. Another friend does small, delicate handpainted cotton pillows. Mrs. Axelrod particularly likes some handpainted lampshades done in a "Pointillist" brushstroke that depict whatever you'd like — your house, your pet, anything. A 10-inch shade costs from $35. Things antique and valuable could be a magnificent petit-point screen. Write The Mews, 824 North Robertson Blvd., Los Angeles, Calif.

Joan Axelrod and daughter, Nina Armstrong; above, The Me

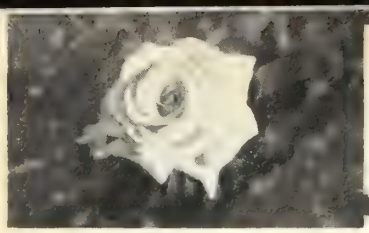
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Living



Color by the pound

If you do needlepoint or crewel embroidery, or if you paint, then you know the thrill of standing in front of all the colors trying to make up your mind what to use.

Well, someone's taken the thrill and applied it to stationery. It's "Paper-by-the-Pound" and the colors, to say the least, are sensational. There are 20 to choose from: Chinese red to muted mauve, smart gray to chrome yellow. The papers come in legal-pad and typing-paper size, personal letter size, and one that's slightly larger than a post card that would be great for invitations. Naturally, there are 20 colors of matching envelopes, but the idea is to mix and match. There are 24 shades of tissue-thin papers and 24 shades of glossy-finished wrappings. Papers are sold by the pound, three-quarters, the half, and the quarter-pound; business envelopes come in packages of 50, $3.50; $3.25 for personal. How many sheets in a pound of paper? 120. We counted. Where did the idea come from? Stationery is being put together and sold that way in Paris now. Paper-by-the-pound at The Cellar, Macy's, Herald Square, New York, N.Y. 10010.

Einstein slept here

Robert Wilson is an artist who plunged into the education system, teaching hyperactive and difficult children. He is a therapist who helps the chronically ill, and a theatrical innovator who has written and directed some 20 plays and dance pieces, most recently notable of which was *Einstein On the Beach*, which he collaborated on with Philip Glass. For each of his plays, he has designed furniture, and some of the best examples are now on exhibition, traveling internationally in a show organized by Marian Goodman of Multiples/Goodman Gallery, New York. The pieces are presented as sculpture in limited editions of six. Chairs and tables are made of chicken wire, plumbing pipes, brushed aluminum, and other industrial materials. He uses lead — "one of the most sensuous materials" — in a severe form for a pair of thrones. The next play, *Death, Destruction and Detroit,* premieres next June. Furniture for this? "Louis XVI, either clay or . . . gilded."


ROGER BESTER

Robert Wilson and brushed aluminum bench designed for "Patio"

Kittenish ways

If you are thinking of introducing a second pet into your household, remember the easiest situation is either to add a puppy to an older dog or a kitten to a full grown cat. Animals of the same species make friends quite quickly. Introducing a puppy to a cat should not be a problem. The cat will accept the newcomer because of its size. If you want to add a kitten when you already own a dog, there are special rules to follow. According to Mr. Howard Finkelstein, an experienced dog trainer and kennel owner, you should:

1. Keep the new kitten (it should be at least six weeks old) in a cage for the first few days, in a place where it can be seen by the dog all the time. Let the dog observe you feeding it.

2. When the dog is used to the kitten, take it out of the cage and have the two animals together in the same room, keeping the dog on a leash. Do this for several hours for two or three days, to let them get acquainted.

3. Don't reward your dog with tidbits of food for his cooperation. He needs praise and affection. If you hand him food, he will want to protect it and have more time to think of the newcomer as a threat.

4. When you sense the dog has overcome his aggressive instincts, let the two animals out together for limited periods, under your supervision. In four or five days, they should be friends.

Very often, adds Mr. Finkelstein they will like to eat side by side. "And they tend to gravitate toward each other to sleep."

Departure points

Mississ… mar…

The Mississippi River e… images of Mark Tw… Louisiana levees, t… cotton, and sl… Southern life. but the famous river begi… trek in northern Minnesota and rolls… numerous river towns in Iowa, Illinois… Wisconsin that are rich in character, histor… charm. And — they are often overlook… tourists hurrying along busy state thruwa…

Begin outside Minneapolis at once-af… Hastings, follow the bluff-lined river bar… Red Wing, home of rustic pottery and l… lore. Don't miss Sugar Loaf, an unusual l… tone formation atop a 500-foot cliff at bu… Winona. Picnic and campgrounds here… time for visiting the Steamboat Mus… lodged in an old paddlewheeler, and se… vintage pioneer homesteads.

Across the Wisconsin border in La C… you can get a panoramic view of adjo… states from Grandad Bluffs, picnic in … Island, or take an hour's paddlewheel … along the river for $2.50.

McGregor-Marq… Iowa, comes up… with its un…



The "Delta Queen" at La Crosse, Wis…

ground Spook Cave and Pike's Peak State … whose vistas over-see four states. Sco… down to appealing Dubuque with its cove… old buildings and a well-planned new mall… fore you know it, following the scenic … curves, you'll be in Galena, Illinois, Ul… Grant's pre-Presidential home. Then on t… Mormon settlement at Nauvoo, now being… ingly restored to the way it was in the 18…

River Highlights: Effigy mounds ou… McGregor, with traces of Indian culture … years old ** Savor the grandeur of Villa L… an 1843 château in Wisconsin's Prairie du … ** Relive Victorian times by spending the … at Stillman Mansion in Galena in a spa… decorated-in-period room, $24 double … pancy ** Save a full day for delving into … na's antique treasures, lunching lazily a… beautiful Great Galena Tea Company in th… De Soto Hotel ** Savor the special tas… Pickett's beer in Dubuque ** Sample f… baked gingerbread on your tour of Nauvo…

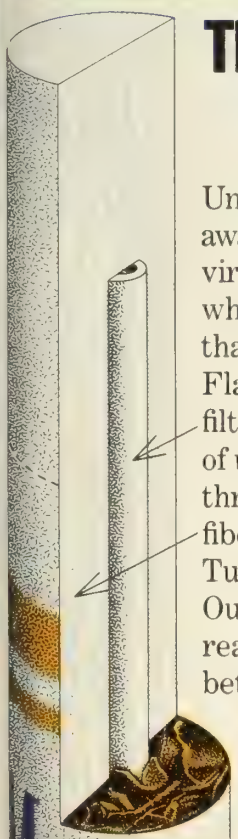
PATRICIA BR…



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The L&M Lights Flavor Tube Filter™ delivers the taste of 100% virgin tobacco.

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Living

Leakey's Lectures

Richard Leakey, son of the famous archeologists Louis and Mary Leakey, discoverer of the oldest known skull of early man, and coauthor of the stunning book *Origins* (Dutton), is on an American speaking tour. He's talking about the latest discoveries emerging from his excavations in northern Kenya, and our chances for survival as a species. One of his most provocative claims is that "if you weigh the evidence, it seems that survival of humankind was predominantly a factor of social cooperation, rather than aggression." Mr. Leakey believes that our cooperative past can save our future. "We teach children in Peking, New York, and Capetown that the world is round. Why, then, can we not teach them that people are one?" Mr. Leakey's tour will take him to the following cities: Feb. 27, Los Angeles; Feb. 28, San Francisco; Mar. 1, Denver; Mar. 3, New York at Avery Fisher Hall; Mar. 4, at The New School; Mar. 7, Dayton; Mar. 9-10, Washington, D.C.; Mar. 11, Atlanta; Mar. 12, Winter Park.



NADINE BERTIN

Smaller Packages

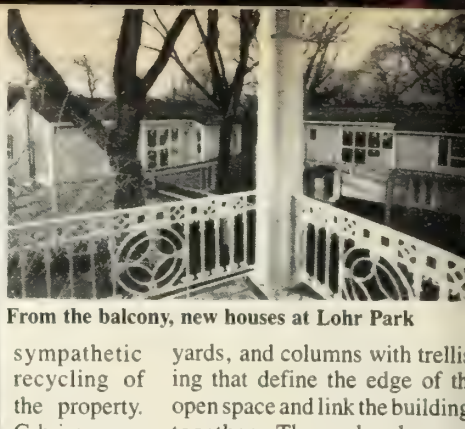
It's just about the size of a standard kitchen cabinet and will hold service-for-eight. It's a new, even-more-compact-than-you'd-think-possible dishwasher, 18 inches wide. It has a soft-food disposer and a porcelain-on-steel interior. It's portable or stationary with or without a butcher-block laminate top. $240 by Sears Roebuck.



EDWARD G. FRIAR

New life for Lohr Park

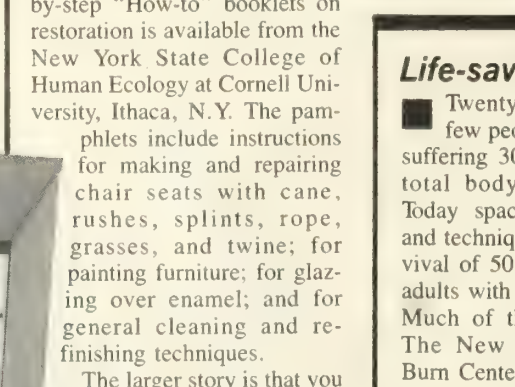


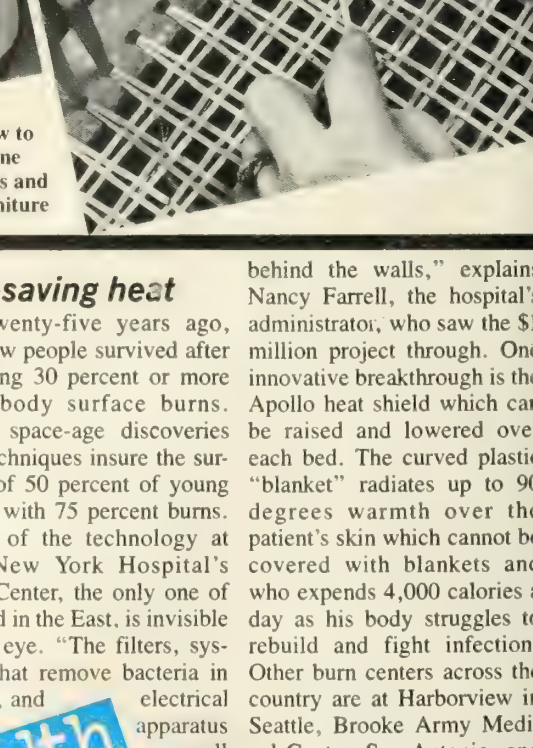


From the balcony, new houses at Lohr Park

All over the country, great old estates with fine, large mansions too difficult to maintain today are coming on the market. Some are turned into schools, clinics, or other institutions; others are converted for residential use as apartments. One of the most intelligent redevelopments is in Evanston, Ill. It makes the most of a fine, 19th-century, ante-bellum-style mansion, once the residence of Major Lenox Lohr, president of NBC in the 30s. When his heirs recently decided to sell the estate, they insisted on sympathetic recycling of the property. Chicago Associates architect John Naughton and developer Ed Noonan met this request by turning the old house into two livable houses, a coach house into two apartments, and adding four new houses to the grounds. The new houses are carefully positioned to preserve the tree-filled gardens, and while modern in character, relate to the old mansion through use of horizontal siding. They are clustered around paved courtyards, and columns with trelli ing that define the edge of th open space and link the building together. The redevelopme gives owners the privacy house ownership with the adva tages of shared ownership in condominium. Each maintai his house individually, but th grounds and courtyards a owned jointly. It's an idea th might inspire others to preser more of the architectural whi elephants that are a part America's heritage.

Refinishing school





Learn how to restore cane chair seats and other furniture

If you find that you have more than a passing fancy for furniture restoration and refinishing but are a bit unsure of where to begin it all, here's help. A set of nine step-by-step "How-to" booklets on restoration is available from the New York State College of Human Ecology at Cornell University, Ithaca, N.Y. The pamphlets include instructions for making and repairing chair seats with cane, rushes, splints, rope, grasses, and twine; for painting furniture; for glazing over enamel; and for general cleaning and refinishing techniques.

The larger story is that you can benefit from over a hundred of these small booklets and leaflets that cover a wide range of interests — from nutrition to gardening, from a shopper's handbook to tips on wildlife and forestry. A listing of all the booklets is contained in the "Know How Catalogue." Most have a nominal cost, from 35¢. The "Furniture Restoration" packet costs $3. Write The Mailing Room, Building 7, Research Park, Cornell University, Ithaca, N.Y. 14853.

Health

Life-saving heat

Twenty-five years ago, few people survived after suffering 30 percent or more total body surface burns. Today space-age discoveries and techniques insure the survival of 50 percent of young adults with 75 percent burns. Much of the technology at The New York Hospital's Burn Center, the only one of its kind in the East, is invisible to the eye. "The filters, systems that remove bacteria in the air, and electrical apparatus are all behind the walls," explains Nancy Farrell, the hospital's administrator, who saw the $1 million project through. One innovative breakthrough is the Apollo heat shield which can be raised and lowered over each bed. The curved plastic "blanket" radiates up to 90 degrees warmth over the patient's skin which cannot be covered with blankets and who expends 4,000 calories a day as his body struggles to rebuild and fight infection. Other burn centers across the country are at Harborview in Seattle, Brooke Army Medical Center, San Antonio, and Parkland Medical Center in Dallas. Some patients' therapy can last up to nine months before completion.



Dr. William Curr Farrell with Apol

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ANTIQUES



BY LOUISE ADE BOGE

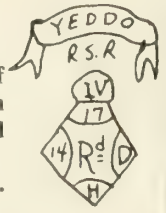
Rookwood vase



I know from the mark that I have a Rookwood vase, but what do the W P McD stand for? What can you tell me about the process in making Rookwood ware? L.M. — Port Washington, N.Y.

Your vase was made at Rookwood in 1892. The initials W P McD are those of the decorator William Purcell McDonald. The W (white) is the body mark. The decorative silver process used on your vase is called silver deposit and was widely exploited between 1890-1910. In this technique, silver was deposited through electroplating upon a silver flux design previously applied on clear or colored glass and the deep glazes of pottery, in particular Rookwood.

Staffordshire mark

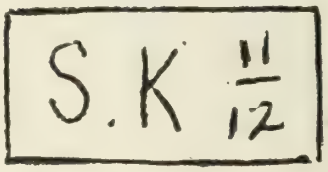


From my rough sketch of my plate and its mark, can you identify the maker and date it for me?
H.K.—Brooklyn, N.Y.



According to the diamond-shaped registration device, the Staffordshire potters, Ridgway, Sparks & Ridgway, who operated the Bedford Works at Shelton, Hanley, 1873-1879, registered your pattern, "Yeddo," at the British Patent Office on April 17, 1878. Tokyo was formerly called Yedo, but when the capital was moved from Kyoto to Yedo in 1868, th name was changed to Tokyo (east cap ital).

American silversmith's mark



Can you identify the maker of my silve teapot from this mark? What does 11/1 stand for? J.J.T.—Riviera Beach, Fla

Your mark was used between 1830 and 1846 by Samuel Kirk & Son, active a Baltimore, Md., since 1815. Eleven ounces to the pound troy (12 ounces) converts to .917 parts pure silver per 1000. The sterling standard, 11 ounces, 2 pennyweights (20 pennyweights to the ounce troy) converts to .925 parts pure silver per 1000.

Victorian invalid chair



My great-great-grandfather, named Odell, invented this wheelchair. Can you tell me anything more about it?
W.F.P.—Polson, Mont.

Your invalid chair, which converts from a rocker to a perambulating wheelchair, is typical of quite a range of intelligently devised furniture for invalids introduced by the Victorians. It was manufactured by Balston & Houseal, Brooklyn, N.Y., perhaps about the 1880s.

Continued on page 18



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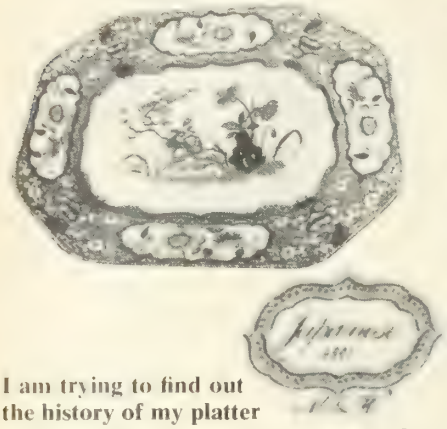
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Armstrong

CREATORS OF

continued from page 16

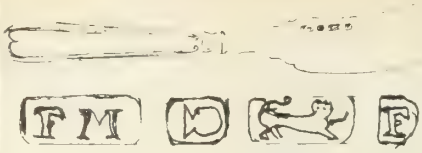
Imari-style platter



I am trying to find out the history of my platter and something about the pattern. Can you help? M.V.L.—Silver Spring, Md.

Your octagonal platter, colorfully decorated in the Japanese Imari style with naturalistic plant patterns in underglaze blue and polychrome enamels, was made by the English Staffordshire manufacturer Thomas Minton when he was in partnership with Hollins (1845-1868). The prunus blossom in the center cartouche is an enduring Japanese motif and together with the pine and bamboo is known as The Three Friends.

American knife



I have two of these knives, which are quite old. Can you tell me who made them and where?

L.H.—New York, N.Y.

The American silversmith Frederick Marquand (1799-1882), who worked in Savannah, Ga., 1820-1826, made your silver knife in 1824. He favored an English-type hallmark and used a date letter C through G for the years 1821-1825. But his quality mark, the lion passant, faced right instead of facing left, as it does in the genuine English hallmark. So his purpose was not to deceive.

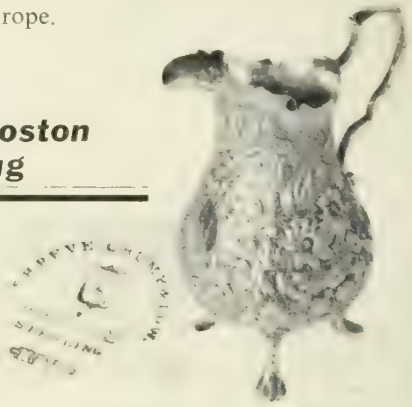
Tin-glazed dish



A dish similar to mine was described as tin-glazed earthenware. Delft, early 18th c. What is tin-glazing?—G.G.—Princeton, N.J.

Tin-glaze, one of the 5 principal types of glaze, is used on majolica and faïence. It is a lead-glaze made opaque by the addition of oxide (ashes) of tin. This, when fired, produces a dense, white glaze, which conceals any color in the underlying clay and provides a perfect background for painted decoration. The use of tin-glaze was known in the ancient Near East; ultimately it spread to the kingdom of Spain and then to the rest of Europe.

Boston jug



From the markings on the bottom of my cream jug can you tell me who made it and where and something about its form?

E.G.—Locust Valley, N.Y.

The incised dolphin enclosed in a shield is the trademark of the Boston silversmiths Kennard & Jenks (K & J) working 1875-1880; the Boston firm Shreve, Crump and Low were the retailers. The style of your cream jug—undulating rim with much-everted spout, triple-scrolled handle, pear-shaped body supported on 3 legs with shells at the body juncture—was introduced about 1750 and has always enjoyed wide popularity.

Trick pony bank



On this bank, the pony deposits the coin, which he holds in his mouth, by nodding his head into a trough. Do you have any idea who the maker might be?

A.G.—New York, N.Y.

This mechanical bank was designed by Peter Adams Jr. and Charles G. Shepard, and its original maker was the Shepard Mfg. Co. John D. Meyer in his "Handbook of Old Mechanical Penny Banks" writes: "A very good likeness of a pony and an attractive bank for children." In 1892, the Trick Pony bank became the property of J. & E. Stevens of Cromwell, Conn., when it purchased the Shepard line of coin banks.



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ARE YOU TUNED INTO HIGHWAY HI-FI?



BY DAVID LACHENBRUCH

How to beat TV interference, ground electronic equipment properly, buy a calculator

Q Is it possible to have true high-fidelity sound in my car?

A Just about as high as you want. In fact, highway hi-fi is probably the fastest-growing aspect of the audio market today. Just as the lo-fi phonograph gave way to the home hi-fi, the tinny car radio is yielding to mobile stereo components. About 100 companies, including some of the top names in quality stereo, now make components or complete systems for auto audio. Program sources for these mobile sound centers are usually stereo FM-AM radio tuners and cassette or 8-track cartridge tape decks.

Car stereo is available in simple all-in-one units or separate components—and the latter include such sophisticated devices as equalizers to compensate for the imbalance in frequency response caused by the shape of the car's interior. Loudspeaker systems and enclosures are designed for the best sound in auto applications, and for installation in door panels or rear decks. Car stereo systems may be purchased for as little as $100 or as much as $5,000. Yes, more than the price of some cars. Stereophonic sound is ideally suited for a confined location, such as an automobile, and the results provided by such systems can be incredibly good. Auto sound systems are sold by many conventional stereo dealers as well as specialist companies.

The growing popularity of highway hi-fi has been attributed to growing consumer awareness of good sound in the home, and resulting unwillingness to accept second-rate audio in the car.

Q Should all home electronic equipment, such as radios, stereo and TV sets, be grounded for safety? If so, what is the best way to accomplish this?

A The only grounding required for modern electrical gadgets is that which is specifically recommended in the instruction book. Many modern devices are designed to be operated without grounding, and any attempt to ground them may actually cause danger of shock or blown fuses.

Most products which require grounding accomplish it automatically by using polarized electrical plugs. These fit into the wall outlet only one way. If they don't fit your outlets at all, you should have modern polarized receptacles installed for safety. Don't try to defeat the purpose of the polarized plug. Call an electrician to change your wall outlets.

That's really all you have to know about grounding these days, with a couple of exceptions. If you have an outdoor television antenna, it's up to you to make certain it's grounded to protect against voltage surges of the type caused by lightning or accidental contact with a high-voltage wire. Most antenna installers routinely connect a suitable ground, but some professionals (and many amateurs) neglect this important safety measure. You should specifically insist upon a ground when you have an antenna installed. If you're rolling your own, you'll find detailed instructions packed with the antenna.

The other exception is any audio equipment which specifically has a grounding terminal. To combat certain types of interference or hum, grounding may be necessary. More on this below.

Q What are the most common types of television interference, how can they be identified, and what can be done about them?

A White or black dots "dancing" in the picture, sometimes accompanied by a popping noise, generally indicate some form of electrical interference. This can be caused by vehicle ignition systems —automobiles, snowmobiles, gasoline lawnmowers. Relocating your antenna or switching to shielded antenna lead-in wire may remedy the problem.

Electrical interference also can be caused by such devices as electric shavers, hair driers, blenders, power saws, water pumps, heating pads, and vacuum cleaners in your own home or nearby. You'll have to do some detective work to locate the offending appliance. Repair or replacement may solve the problem. On the other hand, you may have to resign yourself to live with occasional interference which occurs only

Continued on page 22

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continued from page 20

for short durations, since modifications of appliances to eliminate interference can be quite expensive.

A ghostly picture from another channel superimposed on the picture you're watching is an indication of co-channel interference. You're picking up two different stations which happen to live on the same channel in different cities. If this problem occurs only once in a while, forget about trying to fix it—it's probably caused by a freak atmospheric condition. If you get it all the time on a certain channel, it usually means your home is so located that it receives two programs on the same channel. You may have to install a highly directional antenna, and possibly a rotator, to eliminate one of the pictures.

A herringbone pattern, usually on Channel 6, may be a sign of interference from a nearby FM station—the FM band is between Channel 6 and Channel 7. A similar pattern may indicate inaccurate fine tuning—so retune the set carefully. If the pattern persists, you should install a low-cost "FM band rejection filter" on the back of your set between the antenna terminals and the lead-in wire. The filters are usually available from dealers who sell or service TV sets.

Radio transmitter interference, from CB, amateur, police, or other transmitters, usually shows up as a crosshatch or diagonal pattern on the screen. In many cases, this can be eliminated by installing a "high-pass filter" on your TV. Your best bet is to report the problem to the dealer from whom you bought the set. Some TV set manufacturers make these filters available free and supply simple instructions for their installation. Changing from unshielded to shielded antenna lead-in wire may also help. If neither of these measures works, it's a problem for a service technician. Even he may throw up his hands in despair in certain stubborn cases in which the radio transmitter—not your TV—is at fault. Your next step should be a letter or phone call to the nearest Field Operations Bureau of the Federal Communications Commission, explaining the problem in detail. You can find the address in the "United States Government" listings in the white pages of large-city phone books.

Q I sometimes hear CBers talking to their "good buddies" when I'm trying to listen to my stereo. How can this annoying interference be stopped?

A This usually requires internal modification to the stereo equipment, but there are a couple of things you can try before calling the service technician. First, replace any unshielded wire between your equipment and the speakers with *shielded* wire (available at most hi-fi stores). If there is a terminal on the back of your set marked "ground," "Gnd.," or "G"—and *only* if there is such a terminal—connect it to a metallic coldwater pipe with a piece of bell wire, which can be bought in a variety or hardware store.

If you know the identity of the CBer who is causing all the ruckus, you may wish to talk to him or her to make sure everything possible is being done to prevent the interference at its source. If you suspect the CBer is operating with illegally high power, notify the FCC's nearest Field Operations Bureau.

Q I'd like to get a calculator for home use, but I'm intimidated by the complex units I see at the store. What do you suggest as a down-to-earth basic calculator?

A You need a unit which will simply add, subtract, multiply, and divide, and you can buy one for as little as $10. The problem is that the calculator business is so competitive and adding extra functions is so inexpensive that it's difficult to find such a simple machine any more. So in order to get one which suits you in terms of touch, display, and so forth, you're probably going to have to accept a little more calculator than you actually want or need, but you're hardly paying for the extra functions, anyway.

Most basic calculators have the four needed functions, but add a percentage key, a "constant" position, a memory or two, and perhaps a square-root key. The percentage key is completely unnecessary, but is a convenience if you can't remember enough arithmetic to remember that 5 percent is the same as .05. The memory system lets you "store" the answer to one problem while you're figuring another. If you do fairly intricate problems and take the time to learn how to use this feature, you may end up singing "Thanks For the Memory." The "constant" permits you to multiply or divide a series of numbers by the same number repeatedly without feeding that number over and over. The square root key gives you—er, square roots.

Presumably, what you're actually looking for is a calculator that is easy and convenient to use and won't let you down. So don't worry about the extra-added attractions and consider these questions when trying out a basic calculator in the store: Do your fingers fit easily and comfortably on the keys without pressing two buttons at once? (Those extremely tiny minis are cute but sometimes seem to be designed for mini-fingers.) Does the amount of pressure required to work the keys feel good to you? (Some people like a definite "click" while others prefer a velvet touch.) Is the display clear and easy to read?

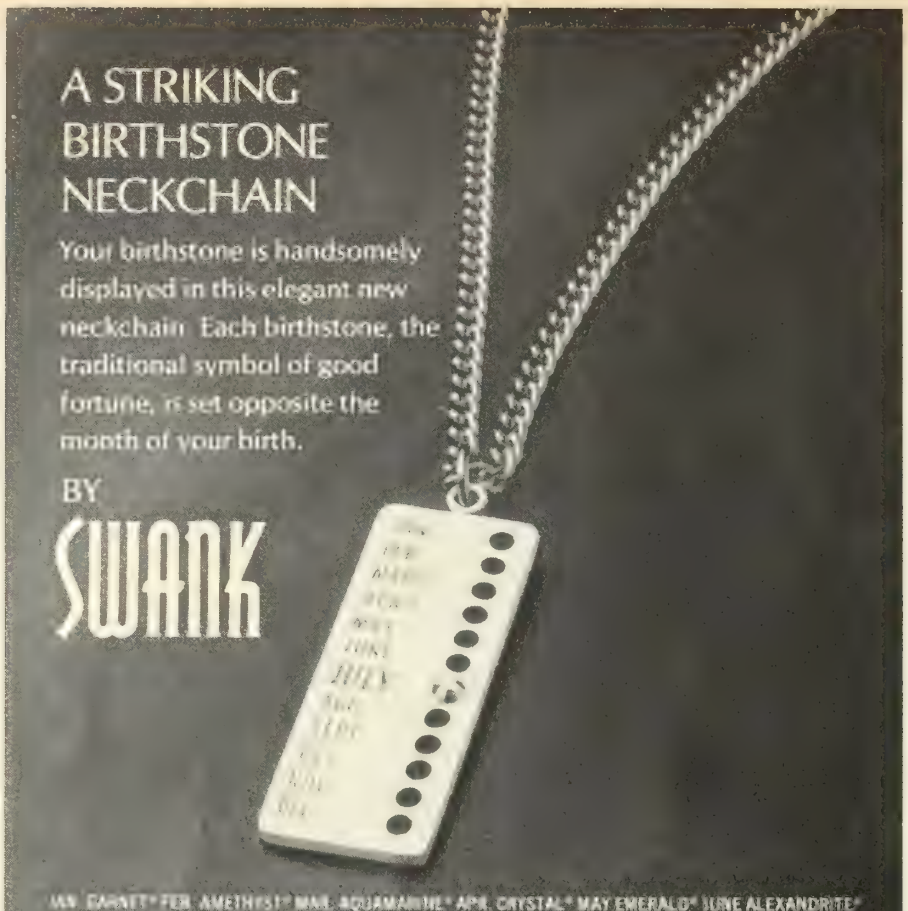
There are two basic types of display. The light-emitting diode, or LED, is neon-bright, usually red, green, or blue, and clearly visible under all conditions except bright sunlight. The liquid-crystal display (LCD) doesn't light up, is read-

Continued on page 24





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able in bright light, invisible in darkness.

Calculators using LCDs are more portable than those with LEDs—some are almost card-thin—and may be more suitable for toting to the supermarket. LCDs require far less power than LEDs and may operate for up to 1,500, or even 2,500, hours on a single thumbnail-sized battery—which means you'll probably lose the calculator or drop it in the washing machine long before you ever have to replace a battery. LED calculators usually will run from 6 to 10 hours on a battery (and you'd be surprised how long 10 hours is in terms of calculator use). If you choose an LED calc, it's definitely worth the extra to buy an AC converter or battery charger (with rechargeable battery) so the display doesn't fade away just when you need it most.

Q What is a microprocessor?

A Most modern dictionaries don't even list the word, because it's come into the language so recently. Engineers agree it will some day revolutionize many home products. A microprocessor actually is a tiny portion of a computer—by itself it's often called a "mini-computer." In a small space and at a low cost, it can perform complex tasks which previously would have been unthinkable in household equipment.

One of the first consumer applications of the microprocessor is in the new sophisticated programmable video games—those which use cartridges to change programs. The cartridge, in effect, is the computer program. A typical microprocessor cartridge might program the video game for blackjack, "dealing" the cards (via the color TV screen display) and computing winners by Las Vegas rules. Other microprocessor game cartridges create sophisticated battle and target-shooting contests, math quizzes, etc.

Microprocessors are beginning to show up in appliance controls, such as the electric brain pushbutton microwave ovens, which can be preprogrammed to defrost a frozen dinner for 10 minutes, then cook it for 10 minutes—all at a preset time. Television set manufacturers are already preparing microprocessor tuners which may be pre-programmed for as much as a year in advance to turn on, so no one need miss a favorite program just by forgetting to turn it on. These TV pre-programmers may be used in connection with home video-cassette recorders to tape and store many hours of programs from various channels, completely unattended, for later viewing. The microprocessor is the first step toward the computer in the home. In fact, "home" computers already are available in many forms and are finding a ready market, particularly among hobbyists and small-business people. ■

Homeowners and tenants update on how to make sure your property and possessions are efficiently covered

ARE YOU INSURED AGAINST INFLATION?



BY PAUL GROSS

Most people don't have the insurance they need. It may have been enough 4 or 5 years ago, but probably not today. Inflation has made your house, condominium, and your personal possessions worth considerably more than they were when you took out your policies (unless you asked for a built-in inflation escalation clause). Furthermore, for some insurance, reasonable premiums may be impossible to get through a regular insurance company. For example, people living in some cities may find the terms prohibitive for their possessions. Here's where the government comes to the rescue. The Department of Housing and Urban Development offers insurance which covers up to $10,000 of the possessions in your house or apartment if you can't afford the insurance available, because the companies have boosted the premiums to cover increased risk. It is available in the District of Columbia and 20 states: Alabama, Arkansas, Colorado, Connecticut, Delaware, Florida, Georgia, Illinois, Iowa, Kansas, Massachusetts, Minnesota, Missouri, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, Tennessee, and Virginia. The government's only requirement is that you have a deadbolt lock on your door and locks on your windows.

How competitive the government's premiums for this insurance are depends on where you live. Unlike private insurers, the government charges the same rate for an entire metropolitan area. Hence the closer you are to the center of a city, the more favorable the government's premiums will seem. That's because private insurers have different rates, based on risk—the closer you are to the center of the city, the higher your rates would be. Of course, the further away you are from the core of the city, the more favorable a private insurer's rates will be.

Some states, such as Michigan and California, which are not covered under federal insurance, have their own versions of theft insurance. And some states, such as Indiana, have a complaint program for individuals who are having trouble buying the insurance they need. The state's insurance commissioner will help people find a policy.

Since theft insurance only offers you some of the protection you need as a tenant, you will have to buy another policy to cover you against other possible losses. Here again, the government has come to the rescue. If you can't get a suitable fire insurance policy from a private insurance company, find out if your state has a FAIR Plan. The FAIR Plan, which stands for Fair Access to Insurance, is available in 27 states and covers you against fire and mischievous vandalism.

As a homeowner, if you haven't updated your insurance coverage, you should be aware of the fact that you will have to make up the difference. That's because all homeowners insurance policies have an 80 percent clause which penalizes you for not increasing your coverage to keep up with inflation. The 80 percent clause, which relates to the structure, not furnishings or other possessions, stipulates that you will be reimbursed for the full replacement value of any losses to your house only if you are insured for 80 percent or more of your house's current replacement value. That's a big if. If you're insured for less than 80 percent of your house's current replacement value, you'll be reimbursed for either the actual cash value of the loss (replacement cost minus depreciation) or an amount based on a formula spelled out in your policy. Either way, you'll get less, probably far less, than you would have if you had been insured for 80 percent or more of your house's current replacement value.

Some insurance companies will give you a 2 percent discount on premiums if you install fire protection devices

For example, let's assume that you bought a house for $40,000 ten years ago. Assume further that the house was recently appraised at $80,000. (Please note that I'm being very conservative. Many houses have more than doubled in value over the past ten years.) Finally, let's assume that you now have $40,000 worth of insurance coverage on your house. That's well below the $64,000 of coverage you need to meet the 80 percent clause—80 percent of $80,000 equals $64,000. As a result, you will get only 5/8ths (40/64ths) of any loss, unless the actual cash value of the loss is greater than that. If you had a fire that destroyed property with a replacement value of $15,000, you'd get only $9,375. That's far less than the $15,000 you would have gotten if you had maintained an 80 percent ratio by insuring your home for $64,000 or more. Note, however, that some insurance companies will not apply the 80 percent clause to losses of less than $1,000. They will give you the full replacement value.

Continued on next page

FOUR STEPS TO TAKE TO PROTECT YOURSELF

To protect yourself and make sure you know the full value of your possessions, follow these four rules:

1. When you buy furniture, appliances, antiques, art, or collectibles such as stamps, get a receipt and file it away in a steel box. In fact, you might also consider making a photocopy of the receipt and keeping that at your office, with your accountant or lawyer, or at your bank. This would protect you if the damage to your possessions was so great it destroyed the steel box in which you filed your receipts.

2. Inventory all your possessions—room by room. This doesn't take much time, and is well worth the effort. After all, if you had a fire in your house or apartment, would you be able to remember what you had? Probably not. More likely than not, you would be much too upset.

3. Have your more valuable possessions, such as art, antiques, and jewelry, appraised from time to time. The appraisal report will go a long way to proving the value of any loss you might suffer. What's more, those appraisal reports will also help establish the value of a property for gift and estate tax purposes.

4. Take a photograph of every room in your house or apartment. As a matter of fact, take two or three shots of each room from different angles. These photographs will help you prove the condition of your property and back up any claim that you make to an insurance company.

Insured against inflation
continued from preceding page

There are a couple of ways of protecting yourself against the 80 percent clause. One of the simplest is to periodically have your home appraised and your insurance coverage increased. The appraisal, which should not cost very much, will come in very handy when you file a loss claim. Alternatively, you can simply buy an inflation guard endorsement—it will automatically raise the amount of your coverage by a set percentage every three months. If you live in an area where housing costs are soaring, you might want an inflation guard endorsement that boosted your coverage by 3 percent every quarter year. If inflation hasn't really racked your area, you might get away with an endorsement that boosted your coverage by just 1 percent a quarter.

While increasing the amount of homeowners insurance you have will boost the amount you'll have to pay, there are some ways of easing the bite. Your best bet is to sit down with your insurance agent and ask him or her to coordinate the coverage of your various insurance policies for you. Chances are that you have some duplicate coverage under your automobile, homeowners, and personal liability umbrella policy—if you have one. For example, your automobile insurance may duplicate some of the coverage you have in your homeowners policy. Eliminating that redundancy can save you money. Alternatively, your insurance broker might suggest installing smoke detectors or taking some other measures to lower your premium costs. Some insurance companies will give you a 2 percent discount on premiums if you install fire protection devices. If you live in an area that's often hit by brush or forest fires, the insurance company might give you a discount on premiums, if you clear the area near your house. Your broker can tell you which companies are offering what kinds of discounts.

If you live in an area that's prone to flooding, you should look into the possibility of buying federal flood insurance. There are two phases to this insurance program. In phase one, you can get up to $35,000 of coverage for your house and as much as $10,000 of coverage for its contents. Under phase two, you can get as much as $180,000 for your home, and up to $60,000 of protection for its contents.

The rub is that you can only buy federal flood insurance if your community participates in the program. You can either ask your community's officials if the community participates, or you can call 800-424-8872—a toll-free number that will put you in touch with HUD's information service. If your community does not participate in this program, and you feel that floods are a real risk, you can organize your community to press for participation.

There's another way to cut down on insurance premiums: by trading down to a less comprehensive type of policy. There are three basic types: HO-1, which gives you basic coverage; HO-2, which gives you broad coverage; and HO-5 which gives you comprehensive coverage (see chart). Each is more sweeping and costly than the preceding one. For example, $64,000 of coverage under an HO-1 or basic policy would cost $391 as against $384 for broad coverage and $489 for comprehensive coverage. Premiums based on $64,000 coverage for a frame house in a Midwestern city. The deductible is $150.

Finally, you can reduce the amount of premiums you have to pay by raising the deductible on your homeowners insurance. The savings can be dramatic. For example, you could save as much as 50 percent by hiking the deductible to $500 from $50. While that means you'd be liable for the first $500 of damages, it's not as bad as it would seem at first glance. For one thing, any loss after the first $100 of loss that's not covered by insurance can be deducted from your taxes—which means Uncle Sam will share the loss with you. For another, filing a number of small claims is seldom a wise idea. Many companies will raise your premium if you file a lot of small claims.

Some final points: Getting adequate insurance coverage is only half the job. You should also be able to prove the value of any losses that you might suffer. Most insurance specialists recommend that you have your house appraised at least every other year. They also suggest that you list and photograph the contents of your house as well as the shrubbery and landscaping. Those photos could be invaluable in proving the value of a loss. It goes without saying that you should also file the receipts for any expensive furnishings, jewels, and other personal possessions.

Should the worst happen and you do have to file a claim, you might consider getting the help of a public insurance adjuster, especially if your records are not as complete as they should be. A public adjuster, who gets his money by taking a percentage of the final settlement (usually between 10 and 12 percent), can boost the settlement you get by as much as 25 percent. Simply put, he knows how to go about filing a good insurance claim. He can put together a much more complete list than you probably could. He knows the value of things—and can prove them fairly easily. And finally, he can help you decipher the terms of your insurance contract and even negotiate a settlement with the company.

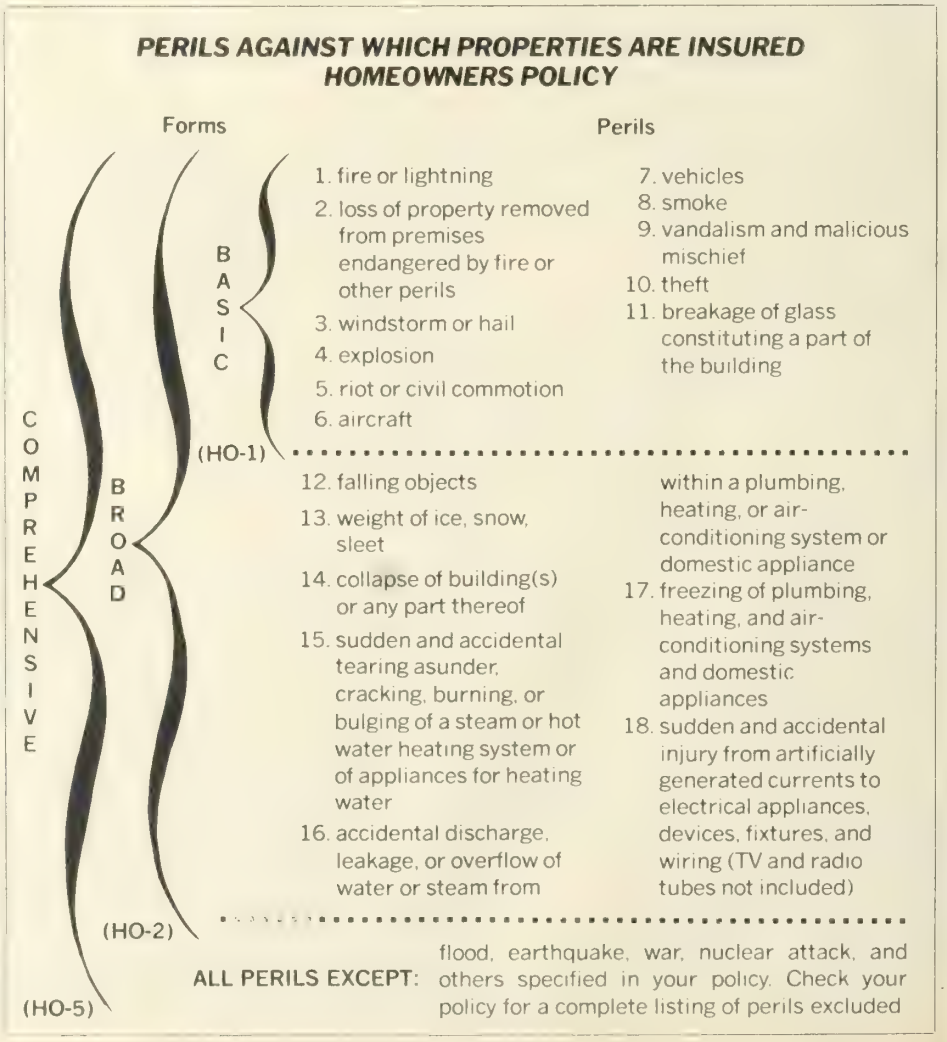


Chart courtesy of the Insurance Information Institute

Introducing

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The new hairspray that lets your hair shine!

Who says you have to dull your hair, to hold your hair? New ClairMist lets your hair shine! Because its crystal clear mist leaves no sticky, dirt-attracting film of hairspray to dull your hair. Yet you can't get better hold. Its new "fine mist pump" gives controlled, even coverage. So let your hair shine, and get unbeatable hold, too... try ClairMist.

The new non-aerosol hairspray from Clairol.



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YOUR HEALTHY hair

An update on what science is doing to help you keep yours at the peak of shine

BY ELIN SCHOEN

Just now there's news about permanent waving, henna, and lotions that protect your hair, and especially about trichology, a new field of study involving hair and scalp conditions

ABOUT TRICHOLOGY: Though trichology is well-known in England, it is a very new area of exploration in America. David Salinger, director of The International Association of Trichologists says: "More and more cosmetologists realize that in order to really help their clients, they must not only know about the hair and scalp, they must know how the body relates to the hair and scalp." A group of courses has been devised over a period of two and a half years at the University of Southern California, with a grant from the Redken Foundation. Trichologists study chemistry, physiology, biochemistry, nutrition, and anatomy, and are granted certificates of completion that have the approval of the California Board of Education, from El Camino College, where the courses are given. Trichologists get to the root of hair problems by considering factors such as heredity and endocrine functions as well as environmental effects on hair (whether you've been out in the sun too long, etc.) According to Mr. Salinger, the basic requirement for good, healthy hair is *your* good health. "Hair is 97 percent protein. The intake of proteins, vitamins, and minerals is essential to the growth and strength of the hair bulb. If a trichologist discovers that a client's hair problems result from a physical disorder, then the client is referred to an internist or to a dermatologist. The ideal would be to have a trained trichologist in every hair salon, so that a client could be more aware of the chemical/nutritional state of his hair." For more information about trichology, or to contact a certified practitioner, write The International Association of Trichologists, 18645 Sherman Way, Suite 208, Reseda, Calif. 91335. The association also sponsors seminars and symposiums on the subject of scalp and hair problems that are open to the public and that feature medical and professional speakers.

A service called "Trichoanalysis" is offered through the Redken salons throughout the country. Their study intends to track down the causes of hair problems and to recommend cosmetic treatment. The client fills out a detailed questionnaire providing data on age, sex, recent illnesses, current medications, diet, and weight. The client's stylist adds more information, such as a description of the distribution and texture of the hair and a summary of the services the client usually receives. The questionnaire and sixteen strands of hair from four areas of the scalp are taken and sent to Redken's California laboratories where a photomicographer studies the samples and the case history. The samples are then scrutinized under a polarized microscope and tested for endurance to stress. "Healthy hair has natural elasticity," says David Cannell, Ph.D. and director of Redken's product development. "By using healthy hair as a 'norm' we can determine the force required to break a hair strand. The drier it is, the more force it takes to break a hair strand, because by then it will have become quite coarse. Healthy hair has moisture. We are also able to determine the compactness of a strand, its eveness and its irregularities by looking at it through *(Continued on next page)*

ABOUT BLOW-DRYING

You can now buy lotions specially designed to protect your hair from the ravages of blow-drying. "Ultra Rich Conditioner" by L'Oréal and "Power Pal" by Clairol are two to try. The Nardis recommend that you use a wide-nozzled dryer that's lightweight and that you use your fingers to fluff hair until it's about 75 percent dry. Your fingers, unlike a brush, will tell you if the dryer is too hot. Leave about 10 percent of the moisture in your hair—it won't affect the styling and it will prevent your hair from having a baked look.



Use your fingers to fluff your hair when you blow-dry. They'll tell you if the dryer is too hot, drying it out

ARTHUR ELGORT

ABOUT HENNA

Henna is so old that it's new. It's a natural vegetable product, which was used in ancient Egypt and is news today because of our passion for all things natural. Henna only coats the hair shaft and since it comes in a multitude of shades, you can highlight with it or subtly tint your hair depending on the length of time you leave it on. There is also natural henna which won't change your hair color but will impart body and shine. "Another benefit of henna," says Kenneth Battelle of New York's famed "Kenneth" salon, "is its ability to help control an oily scalp—not always, but often. I don't recommend henna, however, for naturally frizzy hair because it already has enough body."

Leslie Blanchard, longtime color consultant to Clairol and whose career with styling, cutting, and coloring spans twenty years, warns that henna ought not to be used in conjunction with other coloring chemicals. He considers henna to be the most effective for brunette hair shades.



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(Advertisement)



Is This the Day You Realized You Want to Look Younger?

Probably you haven't thought much about it one way or another. Your family or job (or both) can engage you so totally, you go along taking for granted that you're as attractive as ever. Until something rings a little warning bell for you.

Suddenly questions you hadn't asked yourself before came tumbling into your head. Have you changed very much? How do you look to your husband today? Those little wrinkle lines you sort of mentally erase when you look in the mirror ...does he actually *notice* them? Do other people, too?

Once you ask yourself questions like that it means this could be the day. So discover for yourself the secret shared by women around the world, the secret of the mysterious beauty fluid that can help you look younger. The remarkable fluid creates a moist climate for your skin to live in...working mysteriously with nature to lessen the dryness that can so easily make you look older. Is it any wonder that so many women are eager to tell their friends about the skin-blessing liquid, known in the United States as Oil of Olay beauty lotion.

Oil of Olay is a light, silky, delightfully non-greasy liquid that penetrates quickly. You'll be astonished at how soon your skin drinks it in. You stroke Oil of Olay on your face and throat and moments after, there's such a nice surprise in your mirror. You see, the beauty fluid, with its profusion of pure moisture, tropical oil and precious emollients disappears into your skin to help maintain your skin's natural moisture balance. Then, almost at once, the beautiful benefits are apparent. Your skin is softer, more velvety. It has a suppleness, a brightness that seemed lost. Those little wrinkle lines that dryness underscored can now show less and you can look younger too. Isn't that a fantastic present to give to yourself and to your husband, too? He may respond by being especially attentive. Or he may tease you mischievously...a sure sign he's feeling sentimental.

If you're like so many Oil of Olay enthusiasts you'll want to make a habit of the beauty fluid at least twice a day...it's a blissfully pampering little ritual. At bedtime gentle Oil of Olay on your face and throat to do good into the night. Don't you love the idea that your skin drinks in the liquid almost at once, so you can go to bed looking radiant, with nothing on your face that feels or looks greasy?

In the morning apply Oil of Olay again. Before you know it your face is deliciously misted and smoothed for makeup. If you feel like going without makeup for a change, Oil of Olay leaves your natural complexion fresh and glowing, as though you've taken a walk in the lightest spring rain.

If today is the day you realized you want to look younger...lucky you. With Oil of Olay® on your side, you should do beautifully.

a color spectrum with a trichoscope. We learn about the condition of the bulb and shaft." The results of the analysis are compared with the questionnaire data and the combined information is fed into a computer which comes up with the suggested treatment to be carried out in a salon and at home. In less than two weeks, a client receives a customized program. Hair samples can be sent to Redken's labs for progress checks, too. More and more Redken salons have their own hair analysis machines (trichoscopes and trichograms), which speed up the diagnostic process.

ABOUT PERMS: The news in permanent wave styling is "The Body Wave." And it's more popular than ever because of the trend toward "Super Hair"—lots and lots of hair as worn by actress Farah Fawcett-Majors. The "body wave" takes either a weaker setting solution with normal rods or a setting lotion used with larger rollers. The result, as the name implies, is Volume. Although the "frizzy" or "permed" look (also known as "cut-and-dry" or "wash-and-wear" or "the Sphinx" and described by hair cutting and styling expert Kenneth Battelle as almost "topiary in shape") has been big this winter on the East and West coasts, stylists forecast a neater look for Spring '78. The look will still be wavy and full as a small, sleek head would look out of proportion with the still loose-to-voluminous clothes on the fashion horizon.

Although most professional hair stylists are not enthusiastic about home permanents, they are easier than ever to use, incorporating built-in conditioners, and are heat-activated for shorter setting times. Vincent and Fred Nardi, two young and very innovative stylists who helped launch the "permed" or "frizzy" look, encourage rich conditioning for hair that's permed. The Nardis discuss their ideas about hair care in their new book *How To Do Your Hair Like a Pro* (Grosset & Dunlap $14.95; $6.95, paperback), which also offers sage advice about what *not* to attempt by yourself—a Jean Harlow dye session, for example.

Revlon's "Sensor Perm" is an important part of the new wave of permanent styling. As used at The Gil Ferrer Salon in New York and in many other salons around the country, the Sensor Perm eliminates the need for a test curl and guarantees good results. Your hair condition and type are determined by the stylist and, after the permanent wave solution and the rods have been put into place, you go under an electrode-monitored drier which signals when proper processing has been completed. At Gil Ferrer, a "Baby Perm" is also offered which involves protecting the hair ends with almond/mineral oil solution and only 3 to 5 minutes of the setting lotion.

The Nardis have discovered a unique way to achieve volume and curl without the drawback of frizz. "We set hair on chopsticks, rather than on rods. The hair

Continued on page 34

STANLEY PRESENTS FURNITURE FOR MRS. LYNN SHOTWELL.

Chicago, Illinois



The Stanley people amaze me! To come up with a furniture style that's elegant without being overwhelming. Their Treasury II collection is just what I was looking for . . . continental, but softened little bit so my family feels nice and comfortable with it. And the quality! Look at the beautifully engraved pecan graining. The hand-rubbed pecan veneers on my table top. And not just where it shows, either! Treasury II has hidden assets like grooved chair braces for extra strength . . . dramatic lighting and rattle-proof glass in my china. Notice how its glass sides show off my pretty things? I wanted dining and bedroom furniture that had style, quality, and a reasonable price. And Stanley heard me!

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The table is under $500. For a free brochure on Treasury II, write to Stanley Furniture, Dept. C3, Stanleytown, Va. 24168.



from Maybelline, a silky liquid makeup that really feels as good as it looks!

'Moisture Whip'® Liquid Makeup has a delicate feel—doesn't feel taut or dry. Continuous moisturizing action helps keep skin supple, protected, glowingly fresh. In 6 fresh shades.



'Moisture Whip' Liquid Makeup

Maybelline

Fine make-up sensibly priced.

is prepped as usual for a permanent (with lotion and endpapers) and then wrapped barber-pole style on chopsticks which angle out from the head like antennae. The resulting corkscrew curls brush out into soft waves rather than a crimped, kinky effect," explains Vincent Nardi. "We also like to dry newly permed hair under heat lamps, not merely for a casual look but to prevent overdrying which, incidentally, is a great danger of blow-drying at home."

ABOUT YOUR HAIR TYPE: DRY. "Dry hair will go with sometimes curly, coarse hair, sometimes with a flaking scalp," says Kenneth. "When we talk about dry or oily hair, we are really talking about the underlying scalp condition. Winter especially seems to bring out the dry skin/dry scalp appearance for many people and I think the new instant hair conditioners can be a great help. They can help to repair the acid mantle of the scalp that is washed away during shampooing. Or try 2 or 3 tablespoons of castor oil, massaged through the scalp and then wrapped in a wrung-out, hot towel, or sit under a dryer for 10 or 15 minutes. Castor oil is one of the few oils the scalp can absorb. Shampoo at least twice after the treatment and rinse over and over again. A home humidifier can also greatly help dry skin and scalp conditions during the winter months." Kenneth's own "Kenneth Conditioner" is available by mail through his salon.

"A home humidifier may greatly help dry skin and scalp conditions during the winter months"

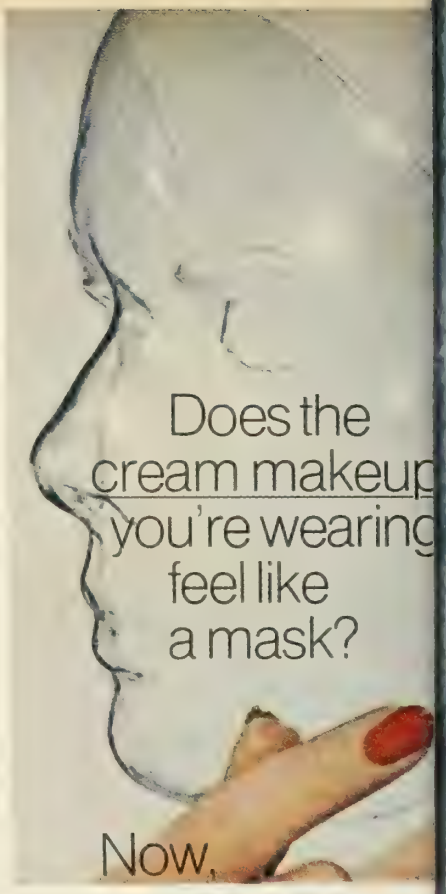
Kenneth

ABOUT YOUR HAIR TYPE: OILY. Trichologist David Salinger suggests you look for shampoos specially designed for oily scalp conditions. He recommends formulas containing 2 percent calicylic acid and 2 percent sulphur. If your oily scalp includes obvious flaking, he suggests a formula with a coal tar base. These are ingredients required to be on the labels of shampoo products.

The end result of all this product and styling innovation is greater versatility than ever. Kenneth offers a final word of caution: "Hair can be a wonderful decoration. But it ought to work within the framework of who you are." Real innovation, in other words, need not mean total change. The whole idea, as he suggests, "is to make *you* look better."

On page 36 is a listing of hair-care products that you may find helpful for your hair type, texture, and style of wearing.

Continued on page 36



from Maybelline, a soft cream makeup that really feels as good as it looks!

'Moisture Whip'® Cream Makeup, with continuous moisturizing action, helps hide tiny lines and flaws, keeps your skin dewy-fresh! So light, it blends smoothly with your natural skin tones, in 6 natural-looking shades.



'Moisture Whip Cream Makeup

Maybelline

Fine make-up sensibly pric



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Your healthy hair
continued from page 34

SHAMPOOS FOR DRY SCALP AND HAIR:
"Essture" by Redken
Azurée "Extra Moisturizing Creme Shampoo" by Estée Lauder
"Eggnog Shampoo" by Gil Ferrer
New Improved "Herbal Essence Shampoo" by Clairol
"RF 6" by René Furterer
"Milk Plus Six" by Revlon
"Protein Shampoo" by L'Oréal
"Everynight Moisturizing Shampoo" by Helene Curtis
"Herbal Shampoo" by Clinique
"Nardi Shampoo for Dry Hair" by the Nardis

SHAMPOOS FOR OILY SCALP AND HAIR:
"Jellusheen" by Redken
"Cinnamon Shampoo" by Gil Ferrer
New Improved "Herbal Essence Shampoo" by Clairol
"Préférence" by L'Oréal
"Protein Shampoo" by L'Oréal
"Kenneth's Shampoo for Oily Hair" by Kenneth Battelle
"Delicate Shampoo" by Leslie Blanchard
"Nardi Shampoo for Oily Hair" by the Nardis
"Everynight Astringent Shampoo" by Helene Curtis

SHAMPOOS FOR FLAKY SCALP:
"Solve" by Redken
"RF 4" by René Furterer
"Medicated Dandruff Shampoo" by Gil Ferrer

SHAMPOOS CONTAINING HENNA:
"Henna #1 Shampoo" for red highlights for blonde, brown, dark shades of hair
"Henna #2 Shampoo" for reducing red/orange highlights in red, brown hair
"Henna #3 Shampoo" for sheen and body, imparts no color
All by Gil Ferrer

CONDITIONERS:
"Climatresse" by Redken
"Condition Beauty Pack Treatment" by Clairol
"Ultra Rich Conditioner" by L'Oréal
"Herbal Pack Conditioner" by Estée Lauder
"Cool Formula Conditioner" by Leslie Blanchard
"Sandy Formula Conditioner" by Leslie Blanchard
"Short 'n Sassy" by Clairol
"Revitalizing Lotion" by Leslie Blanchard
"Coconut Conditioner" by Gil Ferrer
"Orange Blossom Conditioner" by Gil Ferrer
"PPT" by Redken
"RF 13" by René Furterer
"Flex" by Revlon

Continued on page 38

EXCELLENCE

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All control and temperature dials, including digital clock are located on one easy-to-read lighted control panel.

Ceramic insert to hold small dishes in the center rack of the roomy porcelain Micro-Thermal oven.

The CMT-20 patented built-in exhaust system ventilates the ovens automatically during the cleaning process. May also be operated independently during conventional cooking.

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"Kolestral" by Wella
"Wheat Germ Oil" by Leonor Greyl of Paris through Resca/Lintermans Salon
"Kenneth's Conditioner" by Kenneth Battelle
"Instant Conditioner" by the Nardis

Addresses of hair salons mentioned throughout this report; salons who distribute certain products; all other products distributed nationally. All listed accept mail orders.

Gil Ferrer Salon, 21 E. 74th St., New York, N.Y. 10021
Kenneth Beauty Salon, 19 E. 54th St., New York, N.Y. 10022.
Leonor Greyl of Paris available through Resca/Lintermans Salon, 21 E. 62nd St., New York, N.Y. 10021
Nardi Salon, 29 W. 57th St., New York, N.Y. 10019.
René Furterer available through Pierre-Michel Salon, 6 W. 57th St., New York, N.Y. 10019 and available nationally through Pierre-Michel salons at Bloomingdale's.
Redken Laboratories, 6625 Variel Avenue, Canoga Park, Calif. 91303.

Beauty and health products new this month in the stores

There are many women who enjoy using two or three shades of lipstick, one over the other, to arrive at the color they really want. Some like to use one color for the lower lip and another for the upper to create an illusion of fullness and line. Well, why not apply the same principles to cheek color? You can now with **The Blusher,** a not-that-much-larger-than-a-lipstick cheek color that offers you control you can't get with a powder. There are 18 shades for white and black skin plus a highlighter, called Silverfrost Gold, that's just right for a subtle evening look. The way to use color is as individual as the person wearing it, of course, but makeup artists agree that a rosy temple that leads down to the top of the cheekbone, with a slightly darker color just under the cheek, is very soft and flattering for almost everyone. At $2.75 each, you can afford to experiment for contouring and light-reflecting effects. The Blushers are by *Helena Rubinstein* and will be available in department stores and drugstores everywhere.

For those who wear pressed-powder shadow: **Revenescence Eye Shadow Base,** a soft, creamy-colored fluid that slips over the eyelid and helps your powder stay fresh, the color stay true. It also doubles as a highlighter, so dab a bit on the cheekbones, brow bones, and bare shoulders. One-half ounce comes in a tiny tube for $5. By *Charles of the Ritz* you'll find it at Lord & Taylor and B Altman.

The newest fragrance treat for your bath comes this time from Spain **Calandre Bath and Shower Gel, Perfumed Body Milk,** and **Talc.** Vitamin A has been added to the gel, soluble proteins to the body lotion, and the scent itself is green, woody, very crisp, and made by *Paco Rabanne.* Calandre Bath and Shower Gel, 6¾ ounces, $10; Perfumed Body Milk, 6¾ ounces, $12 Talc, 4½ ounces, $7.50. At Saks Fifth Avenue, I. Magnin, and Marshall Field

Care and treatment of black (Afro American) hair that has been chemically treated—colored, uncurled, or retextured with a hot-comb press—will be tha much simpler with the introduction o four new products called **Dark & Lovely** by *Carson.* The first is **Dark & Lovely Protein Shampoo,** which adds luster and highlights. There is **Protein Conditioner** and **Protein Hair Dress/Conditioner** t control frizziness, the second for scalp conditioning. The fourth is **Protein Setting Lotion,** which helps treated hai achieve bounce and softness. Price range from $1.98 to $2.25 for the Dres Conditioner. A 12-page booklet has also been put together by Carson explaining the assets and problems of black hair and how to care for it. Dark & Lovely will b in drugstores and supermarkets every where by mid-March.

Four new two-tone shades have been added to *Aziza's* collection of eye color for spring. One of the prettiest is "Ivory" that shimmers a soft gold. It'll look terrific with the new pastel sweaters designers are showing for spring. **Two-Tone Luster Shadows,** $2.50 each.

PAULA RICE JACKSON

Astrological guide to your fragrance

The sign: **Pisces**
(circa February 19—March 20)
Element: **Water**



Pisceans are idealistic, diplomatic, and adaptable. When their energy is directed toward their imaginations, great works are produced, especially in music and drama. At home Pisces establishes an intimate, comforting atmosphere and likes to decorate with things that have sentimental significance. The key phrase is "I believe." Romantic **Fidji** by *Guy Laroche* expresses Pisces's romantic flair and **Ba à Versailles** by *Jean Desprez* shows th tender side. The intuitive Pisces mal colors his moods with **Canoë** by *Dana*

MARIA REACH

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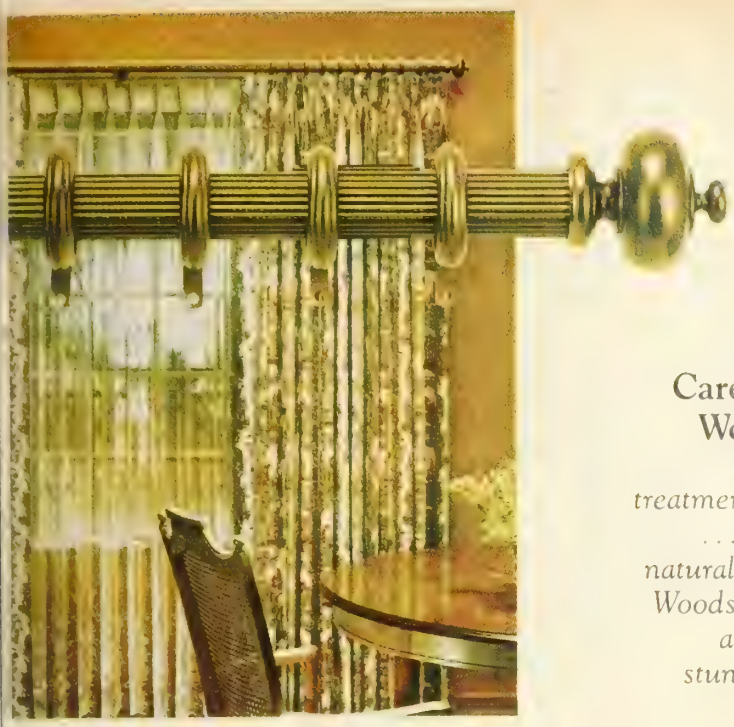
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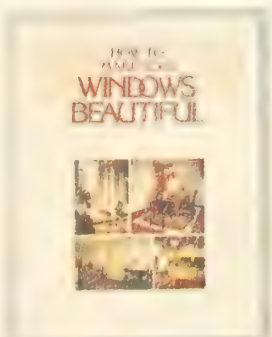




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BY SANDRA ODD

A new group in Maine teaches you how to take hammer in hand and build your own house

GIVE ME SHELTER



Above: Green wood laid out to weather and silver. It's turned daily to prevent warping. Below: Ann and Douglas Cowie's house built for their family of four teen-agers. It has two identical wings.



It's an old dream, maybe part of the genetic heritage of the human species out of memories of a prehistoric past—or it may only be the unconscious effects of playing with blocks at an impressionable age—but somewhere fairly close to the surface in a lot of modern men and women lies an urge that says "build a house." Usually we are fairly successful at sublimating it. We may tour a few model houses and do a little daydreaming before we hire a contractor. But for some people that is not enough. These are the people to whom hammer-in-hand is part of the feeling of "home," who feel that something made with their own hands is far more their own. "Like love, the origins of the notion are often a mystery," writes John N. Cole, editor of the well-known rural newspaper *The Maine Times*, in his book on how to build your own house, written Charles Wing, *From the Ground* (Atlantic-Little, Brown, $7.95). "T are . . . millions who find themse niggled by the notion, excited by idea, and, finally, captured by the c pulsion to build their own homes."

The compulsion is growing. The few years have seen the establishmer several centers to promote owner-b ing, and the publication of a numb books. One of the most prestigious ters—the origin of Mr. Cole's and Wing's book—is the 3-year-old Sh Institute, in Bath, Maine, where pc tial owner-builders who seem to hav thumbs can go to a rather intense kin school, and emerge 15 weeks later enough theoretical and practical kn edge not only to build their own ho but to design them as well. Add the vanced design course, and each will l a 40-page sheaf of working bluepr Graduates have built more than houses across the country—maybe m because the Institute may not kno them all. Fifty are in the Bath, Ma area, near the school.

"I just wanted to see if I could do says Norman Duggan, a retired navy ficer whose new house looks rather the prow of a ship jutting through a forest, above one of the twisty lake estuaries that reach inland along Mai south seacoast. He designed it himse workshop, garage, storage on the floor, living quarters (the quarterdec above. He engineered all the buil stresses and chose the materials—m

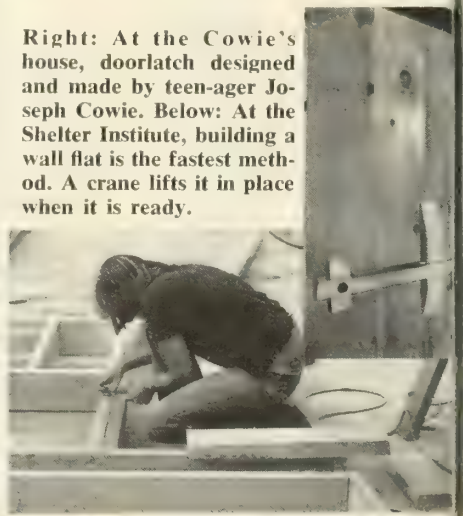
Continued on pag

How to build an energy-efficient house

- A high standard of insulation (6 inches in walls, 8 inches in ceilings.
- Windows concentrated on the south wall, with few windows on east, west, or north.
- Covers—insulated curtains or rigid foam shutters—to put on windows at night.
- Double panes or storm windows—or both—on all windows. Double glazing will also help a house stay cool in summer if the sun does not strike the window directly, because it slows down heat radiation.
- Use of topology and vegetation to protect the house. A hill to the north of the house, or a stand of pines, will break winter winds; broadleafed trees to the south, or vines on trellises over the windows, will keep the sun off the house in the summer.
- Fixed windows wherever possible. Windows that open and close are pathways for drafts all around their edges, unless they are well caulked.
- Interior space designed to help the natural circulation of heat.
- Double doors for all exterior entrances—and vestibules, too, if possible.
- The shortest possible routes for water pipes, to prevent heat loss for hot water—and those routes should be enclosed.

These are just for inspiration, says Patsy Hennin, and do not begin to exhaust the possibilities for energy-efficient building.

Right: At the Cowie's house, doorlatch designed and made by teen-ager Joseph Cowie. Below: At the Shelter Institute, building a wall flat is the fastest method. A crane lifts it in place when it is ready.



S. KORNI

Consumer Reports thinks you should know:

How good is the bologna in that sandwich?

Of the 35 brands and varieties of bologna tested by *Consumer Reports* for quality, *nine* were rated Poor or Very Poor for taste. The samples, bought in food stores, were either rancid or showed beginning signs of rancidity.

The start of rancidity can often be detected by a perfume-like scent. So the sweet smell of your bologna may be trying to tell you something.

How does the bologna sandwich compare with the others?



Hamburger	Bologna	Tuna Salad	Peanut Butter
(¼ lb. raw beef, cooked, 1 tbsp catsup) on bun	(2½ ounces bologna, 1 tbsp mustard) on white bread	(2½ ounces tuna, 1 tbsp mayonnaise) on white bread	(1 ounce peanut butter) on white bread

The bologna sandwich earned our owest vote of confidence.

Consumer Reports explored this in letail in its article "How Good is the Bologna in that Sandwich?"

Here's how bologna stacked up against he other three sandwich foods... (1) High- st in cost-per-ounce of protein 2) Highest in fats and calories. The ologna sandwich, in fact, was over *four* imes as expensive as the cheapest andwich—peanut butter—at the prices revailing when we made our test. What's more, bologna contains a otentially harmful additive called odium nitrite.

Consumer Reports gives you the facts behind the "baloney".

Today's supermarket is no place to be on your own.

Without help, it's hard to know about ubtle product differences that can heat your family of nutrients and naybe even cost you more in the bargain.

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We buy what we test at the same stores you do. And we never accept "free samples" from manufacturers.

Five facts our readers learned that you could have used:

1. Pepperidge Farm Whole Wheat Bread was rated lower nutritionally than Wonder Enriched White Bread.

2. Pizza Hut's 10″ Supreme pie gave us the most nutritional buy out of eight fast-food meals we tested... Arthur Treacher's Fish & Chips the least.

3. Bounty may be a "quicker picker upper" than lower-priced paper towels. But you may be able to handle most of your cleanup jobs with the cheapest towel you can find.

4. That much-squeezed-on-TV bathroom tissue that touts its softness whittled 150 sheets off each roll. (Once again, it's the customer who gets squeezed.)

5. Two banks can advertise the same interest rate for your savings account. But one pays only $44.93 for the same period for which the other pays $75.30. It's how they *calculate* your interest that counts. (And some of the biggest banks in the country are the stingiest when it comes to paying you interest.)

A lot of companies may not like what we have to say.

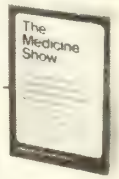
But remember, those same companies spend millions of dollars a year on ads and TV commercials for their products and services... so they can give you the facts that serve *their* interests.

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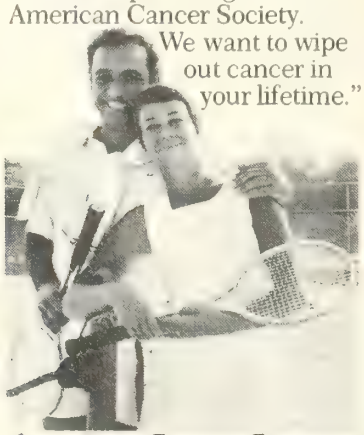
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We want to wipe out cancer in your lifetime."

American Cancer Society
This space contributed by the publisher.

Give me shelter
continued from page 42

rough-sawn pine. He installed the wiring and the plumbing. In 3½ months, start to finish, he and his two grown sons had professional help only with the foundation, the road, and the roofing. "The professionals had the tools," he says. Would he do it again? "No," he says. "I want to build a boat next." Owner-builders trained at the Shelter Institute are very self-confident.

The Institute, locally called "the Tute," is on Center Street in Bath, a street that 5 years ago was part of a decaying downtown. Today it is in the process of rehabilitating itself into a main street that tourists will call "typical New England." Up a flight of wooden stairs, along a corridor reminiscent of 1920s grade schools (the high ceilings, the creaky floor, the wainscotting), and through a door with a frosted glass panel, is the Shelter Institute. Codirector Patsy Hennin sits behind the teacher's desk doing bookwork for the spring semester. Behind her, four or five well-defined groups of people are working among the long table-desks in a small schoolroom. This is the design seminar, and each group is building a house. Director Pat Hennin and the staff of the Institute—Don Kane, Ben Lynch, Chris Price, and Rob Shultz—drift among them answering questions and solving problems.

The questions evolve logically from those that open the basic course; they all trace their roots to that grass roots question most contractor-builders asked so long ago that they have forgotten the answer: "What *is* a house? What *should* it be?" That's where the Shelter Institute starts. John Cole, for example, built himself a variation on a shed, a shape that makes sense in the mountains, and in the north, where you want to turn your back on the north wind and open up the south side to the sun. During the building of this house, Cole urged cobuilders Charles Wing and Pat Hennin to go into a teaching partnership with him, and the Shelter Institute was launched. What design you use, say the Hennins—Charles Wing has since started with another building group, Cornerstones, in Brunswic Maine—is entirely up to you. But t course does seem to have a strong fluence on what graduates' houses lo like. Those around Bath are mostly she shaped, opened up inside, and built a finished with rough-sawn lumber cut one of the thirty local sawmills.

The Institute goes on to their bas questions in its housebuilding course, li "What is a window?" "We expect t much of windows," says Pat Henni quoting Rex Roberts, whose book, *Yo Engineered House*, is an Institute bib "We ask that they let in light, keep o cold, control insects, and open and clos They can't do it all." So most windows graduates' houses are fixed and seale installed on the south sides, to collect a retain the sun's heat for winter warmt Breezes through the house are controll by screened and insulated wooden ven

Another question students ask and a

Shelter Institute people like to set houses on concrete piers. It reduces costs, increases flexibility and architectural freedo

swer is "What is a foundation?" In mo cases, it seems, it is *not* a basement, th damp and dismal hole in the ground d signed originally for protection fro storms and Indians and for storing wint food—and now one of the most bothe some challenges to designers. Shelt Institute people like to set their houses concrete piers, founded in bedroc where possible. It reduces cost, increas flexibility and architectural freedom.

Perhaps one of the most importa basic questions is "What is heat?" Agai "the Tute" has some novel answer products of careful thought in respons to dwindling petroleum resources. He —this is seventh-grade physics these da —is speeded-up air molecules moving

Continued on page 4



Robert and Linda Kalish's shed-roofed house, built in 13 weeks, cost $20,000

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continued from page 46

their own rhythms. If you cooperate, they'll work for you at very low wages. So Shelter graduates keep interior walls out of the way of moving warm air. They respect its need to rise, and guide its path (the cycle is called convection) as it cools, back to where it can pick up heat again. They place window vents and roof overhangs to make warm air work for human comfort according to the seasons. The result is that many Shelter graduates provide most of their winter heat with wood stoves burning less than 6 cords of wood a winter—less than some fireplaces eat up in a couple of months. One graduate has two—a wood furnace on his first floor, and a Ben Franklin stove in the living room—and electric radiant-heat panels hanging from his ceiling.

After other questions—"What are walls?" (Answer: "heat-retaining shields with at least 6 inches of insulation in them), "What are floors, roofs, rooms, etc.?"—the Tute teaches the How. Students generally go out to work on one of the nearby Shelter projects, learning how wood and nails relate to each other, how walls go together, how beams support floors, how saw and hammer feel in the hand.

"It was a spiritual experience," says writer Beth McPherson, an early graduate. "You start as forty different kinds of people, from forty backgrounds. Some are young, some older; some have a fair amount of financial security and others are just starting out; there are people with building experience and people with none. You'd think we had nothing in common. But somehow the process of learning to build a house, and then actually working on one, gradually formed us into a unit. We found a rhythm to the physical work, and we all began to help one another. I don't remember a single cross word. I remember feeling very good about myself as I was working."

Many graduates provide most of their winter heat with wood stoves burning less than 6 cords of wood a winter—less than some fireplaces use in a couple of months

The process of building your own house can be fraught with adventure. Institute courses begin at the beginning—wherever that is for the individual student (effective ways of banging in a nail, perhaps). More experienced students help beginners, the staff helps everybody. There have been near disasters for novice builders. The worst was a wall, built on the ground, that fell as it was being maneuvered into place. Somebody had accidentally untied the safety rope. "In the end, it was a good experience," says Patsy Hennin. "It showed how quickly you can recoup." A call to the Institute brought instant help, and before the day was completely over—by 9 that night—things were untangled, straightened out, and the wall was in place. Minor disasters are commonplace, but Pat Hennin has a standard reaction to panic calls: "No problem." Sometimes accidents even turn into esthetic focal points, with an ingenious solution.

Afterward, graduates tend to assume they can deal with anything. If the car breaks down, or an appliance is out of order, the repair service is just a last resort. The course and the experience have changed lives. Pamela Kenyon, a Holyoke graduate who'd never imagined herself capable of changing more than a light bulb, helped her lawyer husband David build their house, and now can't stop. She has become an Institute staff member and is attending drafting school.

"We're trying to build *better* houses," say the Hennins. And their work is beginning to have an effect beyond the hundred or so houses their graduates have built. Because some of their ideas are uncommon, they have had to work with banks and building-code officials to persuade them that standards in Shelter houses often exceed those set by state and federal governments, in spite of their unorthodoxy. As a result, some state regulations are changing, and some Maine building practices are being re-examined.

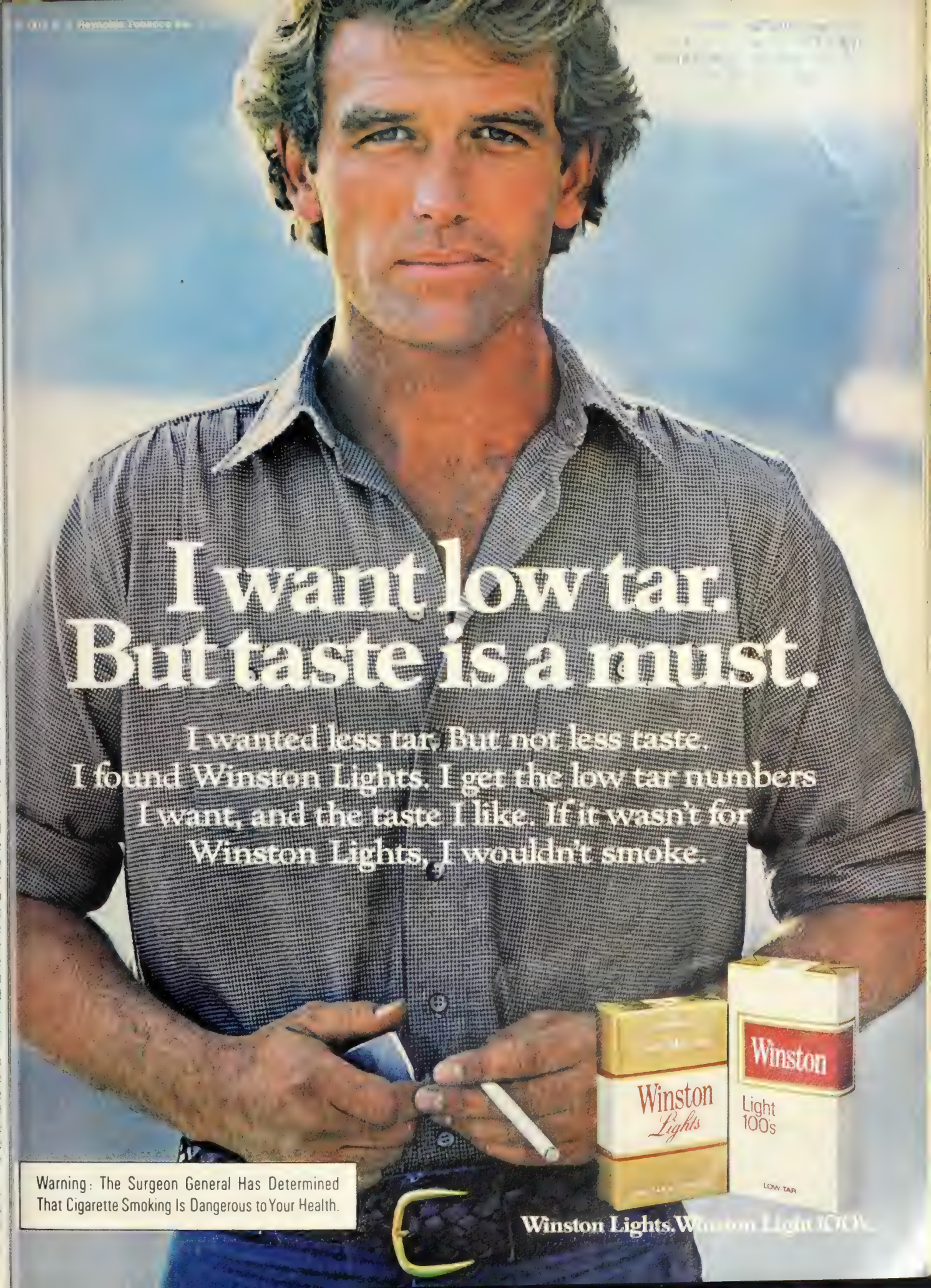
The houses Shelter graduates build also tend to cost substantially less. The first people to take the course were applying for mortgage loans in the $30,000 range. Now, say the Hennins, students are asking for $10,000 bank loans. The houses tend to be smaller, because smaller houses make more energy and environmental sense—and because smaller Shelters are more pleasant to live in. The Hennins' own house—the twelfth that Pat has built himself—is an experiment intended to demonstrate just how inexpensive a house can be built. When it is completely finished, the 1,200-square-foot dwelling will have cost about $5,000. The wood stove that heats it burned only about a cord and a half of wood last winter, and the electric bill, including an electric stove, comes to about $10 a month.

But even if you don't build your own house in the end, says Patsy Hennin, the course can save you as much as half the building costs, mainly because you will know every step of the process, the range of materials, and will have the knowledge and skills to act as your own contractor.

Institute work has been so well received that the school has overflowed its

Continued on page 50




I want low tar.
But taste is a must.
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Give me shelter
continued from page 48

original home. A 5-story brick building, constructed in 1861, has just been acquired and renovation began last summer. "The orientation is perfect for using solar collectors," says Pat Hennin, "and we're talking about putting a greenhouse on the 5th floor." Also last summer, for the first time, two courses were in session simultaneously. The classes start July 11.

"When Doug wanted to build the house himself I thought he was crazy," says Ann Cowie, who was talked into attending and now lives in a house that she, her husband, and their four children built. "I dug in my heels the whole way. But now I can't imagine what other people do with their weekends. Whatever it is, it must be an awful waste of time." Would she do it again? "I'd build another if we ever sell this—but I'd never again live in a house that somebody else had built." ■

Enrolling at the Shelter Institute

Shelter Institute classes meet once a week for 3 hours, for 15 weeks yearround, beginning in February and September—they can be attended on Monday or Tuesday nights or Wednesday mornings. Or, for those participants who travel a long distance—Texas, Virginia, Colorado, for example—there is a compressed schedule: every day, all day, for 3 weeks; in 1978, intensive sessions begin on April 17, June 5, July 10, August 7 (in Jackson, Maine), and October 9. Enrollment is limited to 40, and even though the Institute doesn't advertise, it has had to start giving three concurrent sessions. There's usually a waiting list. The course costs $250 ($350 for a couple because "we found it put a real strain on a relationship if one person attended the class and the other didn't"). A summer session, designed to train people to be carpenters, is held in northern Maine, near Mt. Katahdin. And there are new short workshop courses—one on cabinetry, limited enrollment of 10; weekend workshops on power tools, and how to build your own double-glazed windows. For information, write: Shelter Institute, 38 Center Street, Bath, Maine 04531.

The Shelter Institute pays a lot of attention to energy efficiency. The better a house keeps and uses energy, the more comfortable the inhabitants will be, and the lower the bills for heating and cooling. In the box on page 42 are Shelter recommendations for building a well-warmed house.

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SMALL FRY IN THE KITCHEN

Quick and easy recipes from children learning and experimenting in the kitchen

BY FAYAL GREENE

James chops garlic with a medium-sized Sabatier knife; Jody attacks the onions, Chinese chopper in hand; Lucy criticizes, supervises, runs the show. They've been in the kitchen off and on since they were tiny and have acquired some strong opinions along the way. Peas are terrible; artichokes, asparagus, and Brussels sprouts are great. They like to cook their own recipes, which they imagine to be unique. The recipes are passed on only to the closest of friends, except for special occasions like the time Lucy taught her French class to make crêpes. No one encroaches on another's territory. Only Jody makes salad dressing. James is a vegetable and egg man who can never leave well enough alone. One time peanuts showed up in his *frittata*—not bad at all. Another time it's sliced dill pickle, and he's the only one who can eat it. Lucy hates breakfast, so she's made up a banana milkshake which provides enough energy to get her through a busy morning at school. She also makes Wall-to-wall Meatballs and Surprise Burgers with a little help from her siblings. As the eldest child of working parents, she learned early that her help in the kitchen was truly needed and appreciated. Once she made brownies for a dinner party of 40 without being asked. Her stock was at an all-time high.

These children are compulsive label-readers. Once all the chocolate milk got left on the table at the zoo after James had read out the ingredients. No chocolate, no milk, lots of chemicals. They clip items of nutritional interest from the paper, though they are not totally involved with health foods. They tried an experiment called "food cookies," but only one kind is still popular. The rest, they said, were "too healthy-tasting." Still, they would like to have cookies be food rather than junk. Peanut butter, too, but Mom's homemade Cuisinart stuff consistently loses out to Skippy's. "Maybe next time," they say, "we'll be old enough to like the good stuff better." What we used to call an acquired taste.

Lucy, 15, is the only one who really uses a cookbook. It's probably a matter of age. A 10-year-old has a hard time imagining a finished dish from a list of ingredients. The younger ones love to cook when it's like a puzzle. How many meatballs will fill the pan wall-to-wall? No matter how many, they always eat them all. What is in the Surprise Burgers? It's hard, sometimes, to persuade them that all the surprises should be *nice* ones. Even a cake is a mystery. How can a flat, heavy batter become light and spongy in the oven? A cake-mix cake is not nearly as much fun because you know what to expect. It will certainly be acceptable, but it can't possibly be *fabulous*. Frosting is interesting if you flavor it strangely—almond, lemon, or daring Grand Marnier; it's even more interesting if you color it Captain Hook Green or Secondhand Rose with those little bottles of food coloring. Decorate with silver shot, M & M's, or more colors of frosting squeezed out of paper tubes. Birthdays come but once a year, though un-birthdays can be arranged a little more frequently.

Clean-up is never a pleasure, but it is utterly inescapable. Never, ever have the children been allowed to leave the kitchen a shambles for someone else to clean. It's the price they pay for the pleasure of cooking. This is the task that leads to bickering. Whoever cleaned the sink last time will only wipe the counters this time. Parents won't referee; it is simply required that the kitchen is left spotless.

Besides the fun of cooking, it's a thrill to overhear guests discussing Jody's Special Salad Dressing from the dining room. When Pop is late and Mom is locked in mortal combat with the typewriter, it's nice to be able to fix a good dinner for yourself, and sometimes even for Mom. And how fine it felt at that French-class dinner, to teach all those other kids to make crêpes, and to see them succeed, and to hear afterwards that it was the best class dinner ever. These rewards keep these three children learning and experimenting in the kitchen.

Jody's Special Salad Dressing

INGREDIENTS

Pinch of salt
1 teaspoon dry mustard
Pinch of dill leaves
Pinch of fines herbes
1 tablespoon wine vinegar
1 tablespoon French olive oil
2 tablespoons cold-pressed salad oil
1 head Boston or leaf lettuce

METHOD

☐ Put salt, mustard, dill, and herbs in the bottom of the salad bowl. Mix them together and add the vinegar. Stir thoroughly. Add the oils and mix vigorously until they blend with the vinegar. Put the well-washed and dried lettuce in the bowl and toss thoroughly. Feeds four.

Hints and variations: If you want to make the dressing ahead of time, be sure to mix it up thoroughly before adding the lettuce. Use basil or tarragon instead of dill and fines herbes. Use garlic salt or squeeze in some fresh garlic at the end.

Continued on page 54

Top left: James, Jody, and Lucy, children of Fayal Greene, prepare meatballs. Below: Mother looks at the frittata

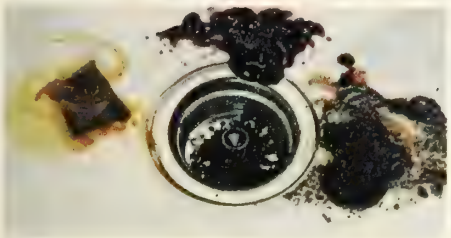


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continued from page 52

James' Frittata

INGREDIENTS

Basics for each person:
2 eggs
½ teaspoon garlic salt
1 tablespoon dried "instant onion" chips
Pinch of basil
1 tablespoon grated Parmesan
1 tablespoon cooking or olive oil
Additions:
Mushrooms cooked separately until their juice has run out and been reabsorbed
Leftover vegetables, especially zucchini, broccoli, string beans, peas
Meat, especially ham
Odd inspirations, such as peanuts, sliced pickles, breadcrumbs

METHOD

☐ Mix the basics, except the oil, together with a fork or whisk until light and fluffy. Heat the oil, add the egg mixture, and let set for a second or two. Put your additions on top of the eggs and cover the pan. Let cook for about 2 minutes over quite low heat. The frittata is done when it is golden brown underneath and just set on top. Don't let it get leathery. If you have made a big one for several people, cut in wedges to serve.

Hints and variations: This Italian omelette is never supposed to taste quite the same twice, because it is designed to use up leftovers. Vary it according to your mood and what's on hand. Try it with rice, potatoes, eggplant, tomatoes, chicken, mint. It's an improviser's delight.

A Banana Milkshake Instead of Breakfast

INGREDIENTS

1 ripe banana, roughly sliced
1 teaspoon honey
½ cup powdered skimmed milk
1 tablespoon protein powder (optional)
½ teaspoon vanilla extract
2 ice cubes
1 cup cold skimmed milk

METHOD

☐ Put all the ingredients in the blender container and blend at high speed until smooth and thick. Serves 1.

Hints and variations: Strawberries and peaches in season are wonderful in this. Try substituting a tablespoon of jam for the fruit, but leave out the honey.

Surprise Burgers

INGREDIENTS

For each burger:
¼ pound lean ground beef
Filling: (some or all of these)
Cheese—Cheddar, Boursin, or American
Sliced raw onion
Sliced pickle
Sliced tomato
Cooked bacon

METHOD

☐ Divide the meat for each burger in half. Make two flat patties. Lay the filling or fillings on one patty and cover with the other. Pinch the edges together and cook.

Hints and variations: Be sure to pinch the edges together very securely, especially if the filling is cheese, so it won't run out. These cook a little more slowly than regular burgers.

Wall-to-wall Meatballs

INGREDIENTS

2 tablespoons cooking oil
1 clove garlic, chopped fine
1 large onion, chopped fine
1 pound lean ground beef
1 can (about 2 pounds) tomatoes
Basil
Worcestershire sauce
Salt and pepper

METHOD

☐ Heat the oil and add the garlic, stirring for a moment so it doesn't burn. Add the onion and cook over medium heat until it softens. Meanwhile, shape the meat into just enough little balls to fill the pan wall to wall. Push the onions aside and brown the meatballs on all sides, turning gently with a fork or tongs. When the meatballs are brown, skim off any fat and add the tomatoes, basil, Worcestershire sauce, salt and pepper to taste. Cook together for about 10 minutes, then serve in soup plates. Serves 4.

Hints and variations—and a story: I made up this recipe when I was about 13. After teaching it to my best friend, I forgot about it. It was a staple of her early married life, and she taught it to her children, who recently mentioned it to my children. I had to relearn it from my friends.

This dish is quite soupy and could be used as a spaghetti sauce. It may be served with grated Parmesan.

The children enjoy trying to divide the meat into just enough meatballs to fill the pan. It's not necessary, just fun.

Crêpes for a French Dinner

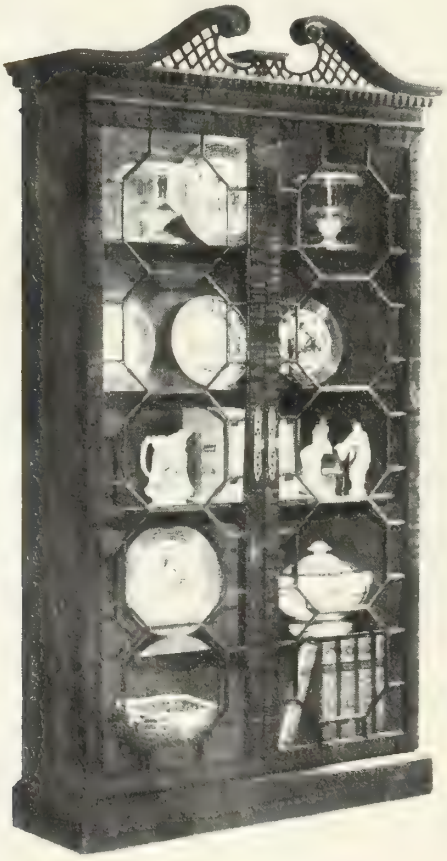
INGREDIENTS

The crêpes:
2 eggs
1 cup flour
½ teaspoon salt
1 cup water
½ cup powdered skimmed milk
1 tablespoon melted butter or oil
The filling:
2 tablespoons butter
1 small onion, chopped
½ pound mushrooms, sliced
2 cups cooked chicken, diced
Sherry white sauce (recipe below)

METHOD FOR CRÊPES

☐ Mix by hand or in the blender. Let sit for at least an hour. Put about 2 table-

Continued on page 56



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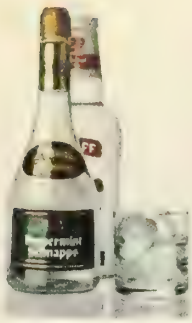
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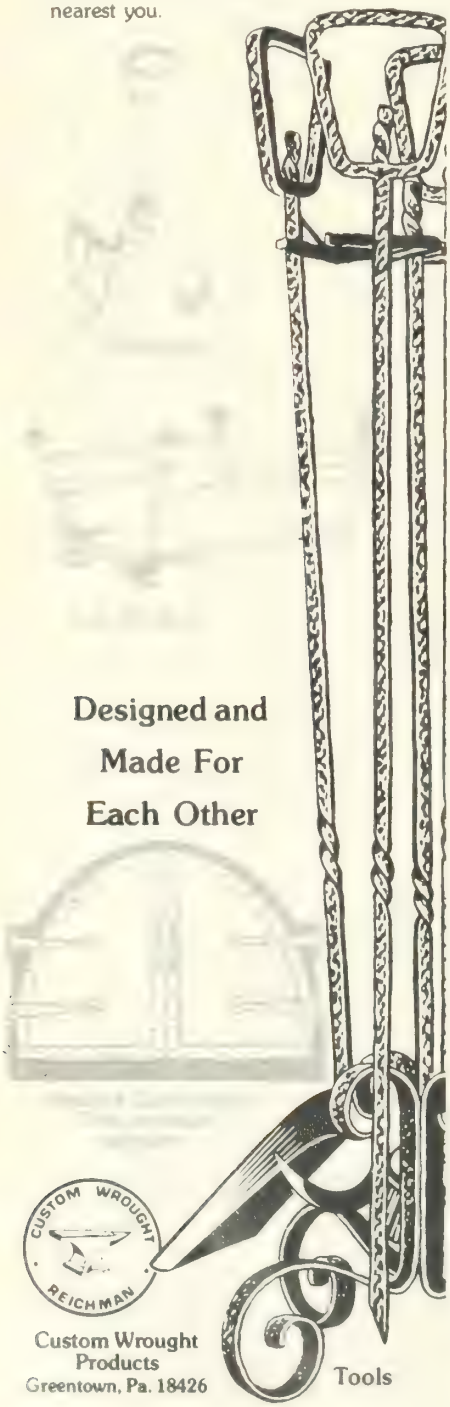
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Tools

continued from page 54

spoons of batter in a crêpe pan or on a griddle and roll it around or spread it out. Cook until the underside is golden brown. Turn and cook the other side for about a minute. It will never look as nice as the first side, and should be on the inside when the crêpe is filled. Stack the crêpes, wrong side up, until you are ready to fill them. You should have 12 crêpes.

METHOD FOR FILLING

☐ Melt the butter in a skillet. Add the onions and cook for a minute or two until softened. Add the mushrooms and cook over medium high heat until they have given off all their juices and reabsorbed them. Add the diced chicken and toss to warm. Reserve.

Sherry White Sauce

INGREDIENTS

3 tablespoons butter
3 tablespoons flour
2 cups hot milk
¼ teaspoon salt
2 tablespoons sherry

METHOD

☐ Heat the butter in a heavy saucepan until foaming. Add the flour and stir over low heat to cook but not brown. Add the hot milk and beat with a wire whisk until smooth. Cook for another minute or two until thick. Remove from the fire and add the salt and the sherry.

☐ Mix ¼ of the sauce with the chicken filling. Fill and roll crêpes and arrange in the baking dish, pour the rest of the sauce over them.

☐ Bake in a preheated 350° oven for 15 to 20 minutes until the sauce is bubbling and the top lightly browned. Serve 2 crêpes apiece to 6 people.

Hints and variations: The crêpes and the sauce may be made ahead of time and kept in the refrigerator or frozen. The whole dish may also be assembled and frozen, but then allow at least 30 to 40 minutes in the oven for it to cook through.

Applesauce Food Cookies

INGREDIENTS

1 cup applesauce or grated apple with the skin on
¼ cup raisins
¼ cup chopped nuts
2 tablespoons honey
½ teaspoon cinnamon
2 tablespoons apple juice or water
1 cup butter or margarine
1 cup dark brown sugar
2 eggs
2 cups flour (preferably whole-wheat)
2 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon salt
½ cup milk
2 cups rolled oats

METHOD

☐ In a saucepan, warm the applesauce or grated apple, raisins, nuts, honey, cinnamon, and juice over a low flame while you make the cookie batter.

☐ Cream the butter and sugar, then beat in the eggs. Sift together the dry ingredients and add alternately with the milk. Add the residue in the sifter if you have used whole-wheat flour, along with the oats. Stir well.

☐ Set aside about 1 cup dough. Drop the rest onto buttered cookie sheets. Make a depression in each mound and fill it with the apple mixture. Top with a dab of the reserved batter. Bake at 375° for 10 to 12 minutes. Makes about 3 dozen.

Unbirthday Cake

INGREDIENTS

¼ cup butter or margarine
1 egg
¾ cup sugar
1⅓ cups cake flour
2 teaspoons baking powder
Pinch of salt
½ cup milk
1 teaspoon vanilla extract
¼ teaspoon nutmeg

METHOD

☐ Cream butter or margarine; beat in the egg. Sift together the dry ingredients. Beat them into the batter alternately with the milk. Add the flavorings. Butter 2 8-inch layer cake pans and pour in the batter. Bake at 350° for 25 minutes. Let cool in the pans for 10 minutes, then remove to a cake rack and allow to cool before frosting.

Hints and variations: This batter makes 12 cupcakes. Bake about 15-20 minutes. The flavoring may be varied by substituting 1 tablespoon lemon juice and the grated rind of 1 lemon for the vanilla and nutmeg.

Frosting

INGREDIENTS

2 cups sifted confectioners sugar
¼ cup soft butter
1½ teaspoons vanilla extract
2 tablespoons or more heavy cream

METHOD

☐ Beat the sugar into the softened butter. Beat in the vanilla and then the cream until the frosting is a good consistency for spreading. Spread at once over the tops and sides of two 8-inch layers or 12 cupcakes.

Hints and variations: This frosting may be spread on slightly warm cakes. Vary the flavorings as follows: 1 tablespoon lemon or orange juice, 1 tablespoon grated rind, ½ teaspoon vanilla; 2 tablespoons Grand Marnier, ½ teaspoon vanilla; 1 teaspoon almond extract, 1 teaspoon vanilla extract; ¼ cup cocoa sifted with the sugar, 1 teaspoon vanilla, 1 teaspoon instant espresso. Use food coloring in vanilla frosting to produce charming or ghastly colors. ■



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COOKING FOR PLEASURE

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For someone who loves cooking as muc as Judith Ets-Hokin, her life is e emplary. Every day she goes to her shop cooking school center in San Francisc There she demonstrates, teaches, pr vides bridal shower luncheons, and i vents cooking utensils such as the "B Fat Spatula." In a joint venture wit Sonoma Vineyards, she also runs th Judith Ets-Hokin Culinary Institut cooking lessons by mail. She has pub lished a prize-winning cookbook, *Th San Francisco Dinner Party Cookboo* and is currently working on a new on In addition, she runs a busy household 5 children plus husband, and grows h own herbs, vegetables, fruits, and priz roses. (More on her house and garde page 164, Recipes page 66.)

Not surprisingly, a woman who ca do all this has found a way to organiz her life, use all her talents, and learn considerable number of special skill both culinary and for daily living. Som of the things she has learned are liste below; for Judith Ets-Hokin believes i sharing what you know. "There shoul be no mystique about cooking, or indee about living," she declares. "If you giv a present of a jar of jam, give the recip with it. Otherwise it is only half a gift. Here are some of the gifts that Judit Ets-Hokin has to offer.

1. "The first thing I teach in my cookin school is that we do fine cooking, whic means (1) the freshest, best quality in gredients, (2) thoughtful, careful prep aration, and (3) an element of creativit that you must supply."

2. "The proper equipment and tools ar an integral part of cooking. I love cook ing in clay, for instance; hot air circulate constantly, and everything works bette with it. Choose the right pan for the righ dish. A cassoulet, for instance, should b cooked in the traditional cassoulet pot.

3. "Grow what you can, especiall herbs. Even on a windowsill in a cit apartment you can grow fresh herbs. always insist on a rosemary bush and lemon tree wherever I live. Lemon is a essential and it should be fresh—use it o everything, for chicken, veal, fish, a kinds of fruit. I use a lemon nearly ever day on something."

4. "Buy foods closest to their natura state; then when you break, slice, o chop them, you begin to release thei flavor. For instance, if you cut tomat

Continued on page 6

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slices in half, it makes them more manageable and flavorful. The same with strawberries. Break a bay leaf in half before you use it."

5. "Learn when things are done by their looks, not by timers. Given recipes vary, depending on temperatures and the type of container you use. For instance, when fish is done it looks opaque. Shrimps turn pink. A cake is ready when it shrinks from the sides of the pan and is springy to the touch."

6. "This is a tip a French chef taught me: For pastry tarts that have a filling, use the bottom of the oven or the electric coils on top of the stove to cook the crust. In about 10 minutes the high heat dries it out and cooks it."

7. "Experiment with ingredients; get to know them, so you won't be ill at ease when making a soufflé, for instance. You are the boss: These inert ingredients, your equipment, won't do anything unless *you* activate them. When you begin to know how things work, you can make them work for you, not against you."

8. "Cooking is a creative act. Some people say, "I never cook the same thing twice, or the same menu twice." I think that's a mistake. The first time I do a dish I really don't understand it at all, but after the third or fourth time it becomes my creation. Let your dishes take on your personality, by varying seasonings, adding your own extras—that way you make a statement that is *you.*"

TIME & ENERGY SAVERS FROM JUDITH ETS-HOKIN

TO SAVE TIME—Take 10-15 minutes each night to write down a list of tasks, in order of convenience and priority, that you wish to accomplish the next day. Then, next day, follow that list. When I don't have specific tasks written down, I find I *waste* time. There is truth in the saying, if you want something done, ask a busy person!

TO SAVE ENERGY—enjoy what you do, which means getting pleasure from every aspect of the activity, including what you use, whether it's a tennis racket or a skillet. The key to energy is to find something you enjoy doing, surrounded by things you like, then you can survive the longest hours. For instance, when I visit people's homes to demonstrate cooking, sometimes they say, "Don't use this bowl, I don't like it," or, "This burner doesn't work." *Eliminate* nonworking equipment or things you get no pleasure out of; otherwise you are wasting energy brooding over the negative things in your life. After a long day, 7:30 to 7:30 on my feet in the store, I come home tired, cook a simple meal with my family, and feel restored. Channel energy into positive things and you will feel marvelous. For recipes, see page 66.

—MARILYN SCHAFER, CAROLINE SEEBOHM

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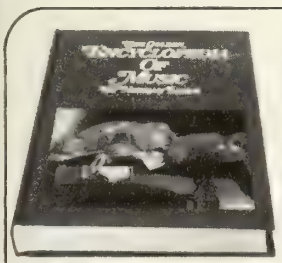
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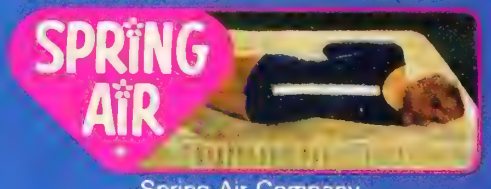
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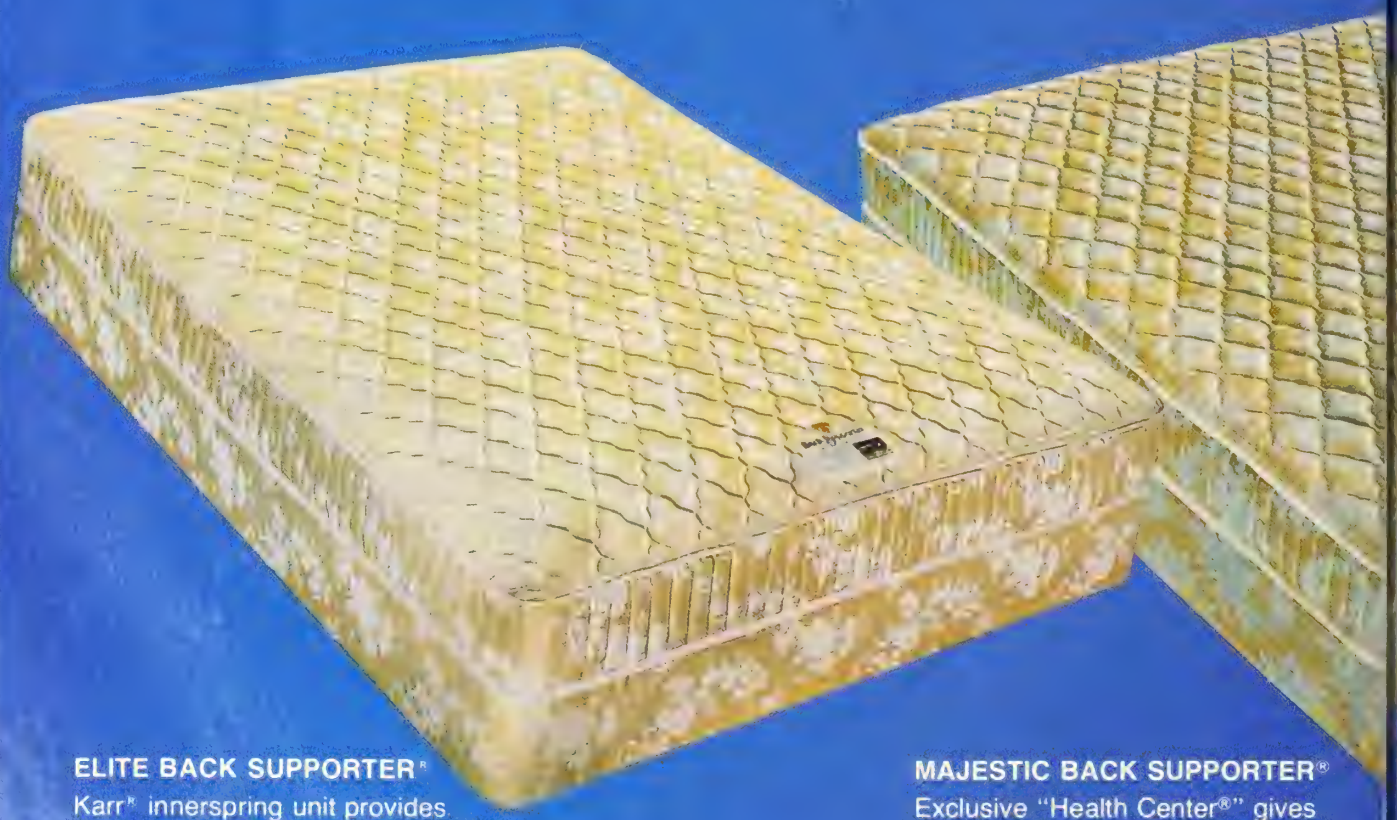
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continued from page 60

FAMILY DINNER IN THE KITCHEN
Fried zucchini blossoms
Pastitsio (Macaroni with lamb)
Bread sticks
Salad with fresh herb vinaigrette
Fresh strawberry tart

Pastitsio

(Macaroni with lamb)
This is an easy dish to prepare in advance and is always served in the casserole in which it is made.

INGREDIENTS
Butter
1 pound lamb, ground
2 medium onions, chopped
3 cloves garlic, minced
1 28-ounce can peeled tomatoes, chopped with their juice
½ teaspoon oregano
½ teaspoon nutmeg, freshly grated
⅛ teaspoon cinnamon
3 eggs, beaten
Parmesan cheese, freshly grated
1 pound macaroni, cooked and drained
1 large eggplant
Olive oil
Custard sauce (recipe below)

METHOD
☐ Heat 3 tablespoons butter in a large sauté pan until it foams. Add the lamb, onions, and garlic and sauté about 10 minutes until lamb is brown.
☐ Add tomatoes and their juice, oregano, nutmeg, and cinnamon. Simmer, uncovered, until liquid has evaporated. Remove from heat and allow to cool. Add the eggs and ½-1 cup Parmesan. Carefully mix in the macaroni and pour into an attractive oval or rectangular, open, greased baking dish.
☐ Peel and slice the eggplant into ¼-inch slices. Arrange on a baking sheet, sprinkle with olive oil and broil until both sides are golden. Layer the eggplant on top of the lamb and pasta.
☐ Pour custard sauce over the eggplant, sprinkle with more Parmesan, and dot with butter. Bake in a preheated 325° oven until the custard sets, about 35-40 minutes. Let stand 10 minutes before serving. Serves 8.

Custard sauce

INGREDIENTS
3 tablespoons butter
3 tablespoons flour
3½ cups milk, warm
½ teaspoon salt
White pepper to taste
4 eggs, lightly beaten
1½ cups ricotta

METHOD
☐ Melt butter in a heavy saucepan and add flour. Stir over low heat 2 minutes.
☐ Add milk, salt, and pepper. Stir and cook until mixture thickens, about 5 minutes. Remove from heat and, stirring constantly, add eggs and ricotta. Mix well.

Bread sticks

INGREDIENTS
2 packages dry yeast
1 cup milk, warm
1 teaspoon salt
1 tablespoon sugar
4 cups all-purpose flour
¼ cup olive oil

METHOD
☐ Soften yeast in milk in a large bowl. Add salt and sugar. Stir in 2 cups flour and mix well. Add more flour, up to 2 cups, and enough water to make a stiff bread dough.
☐ Work the olive oil into the dough and knead until shiny and smooth. Let rise in a greased bowl 1 hour. Punch down and knead lightly.
☐ Make 36-40 small balls of dough. Using both hands, roll dough into long sticks. Don't try to make perfectly round cylinders—the finished bread sticks will be handmade looking. Place on greased baking sheets and let rise once again. Bake in a preheated 375° oven until sticks are lightly browned, about 30-40 minutes.

Fresh strawberry tart

INGREDIENTS FOR PASTRY
¾ cup all-purpose flour plus 2 tablespoons
3 ounces sweet butter, chilled
¼ teaspoon salt
1 teaspoon sugar
2-3 tablespoons ice water

INGREDIENTS FOR FILLING
½ pint heavy cream
Sugar
Vanilla
1-2 baskets strawberries
Currant jelly, heated

METHOD FOR PASTRY
☐ Place the flour on a pastry board or in a large mixing bowl. With a pastry cutter or the tips of your fingers work the butter, salt, and sugar into the flour. Work quickly until the mixture has the consistency of coarse meal. Add ice water 1 tablespoon at a time and knead lightly until pastry forms a ball. Chill at least 1 hour before rolling out.
☐ Line a 9-inch tart pan with the pastry. Place tin foil inside, fill with dried beans and bake in a preheated 400° oven 20-25 minutes until browned. Remove tart from pan and cool.

METHOD FOR FILLING
☐ Whip cream in a large bowl until it forms stiff peaks and sweeten to taste with sugar and vanilla.
☐ Spread the cream in the tart shell and arrange berries on top. Glaze with currant jelly. Serves 8.



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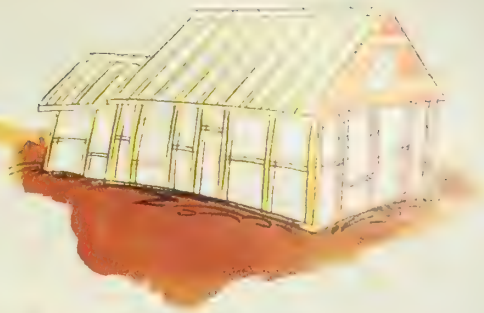
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EASY DOES IT

How to water hanging plants, where to keep household records, a new use for toast racks, and other clever solutions to household problems

BY MARY ELIZABETH FALTER

● Be sure to keep a list of all your credit-card numbers, driver's license number, automobile registration and ownership slips and their numbers, and the serial numbers of valuables like stereos, cameras, fine binoculars, and small TVs. Your safe-deposit box at the bank is the place to keep it.

● **A marking pen kept *in* the refrigerator is handy to record the dates on cans and jars of food that are opened and for marking things like hardboiled eggs.**

● A teaspoon of water in the top of a jar of heavy jam or marmalade will keep it soft and easier to spread. Add the water when the jar is about three-quarters full and let it stand overnight so it has a chance to absorb.

● English toast racks can be very helpful in organizing a desk top, even if they cool the toast in England. They always have a handle in the middle, so they're easy to move and as they are usually made of silver or fine china, they are decorative. The four slots make fine filing racks for bills to pay or letters to answer. Put them in the order of importance and you're ready for action when you have a free minute to sit down at your desk.

● All automatic washing machines usually have hot and cold inlet faucets attached to hoses that lead into the machine. It is important to keep the faucets *turned off* when the machine is not in use to reduce wear and tear on the water intake system and to avoid creating a vacuum in the household water supply that could suddenly cut down the hot water in the middle of a shower or abruptly reduce the water pressure. It's a nuisance to turn the hot and cold water faucets on and off by hand after every use, but a plumber can supply you with a neat little lever valve that does the job for you. Flip it up and both faucets turn off, flip it down and they're on.

● A fabulous new air freshener on the market called "Odors Away" is astoundingly effective: One drop of the liquid or one squirt of the spray can will keep an average room fresh and free of unpleasant odors up to 24 hours. The spray can is about a quarter the size of ordinary ones, lasts a long time, and the little bottle of liquid is only an inch and a half square. Fine for travel—a couple of drops on the air conditioner vent will do wonders for a stuffy motel room and the liquid is practically odorless by itself. Made by the Wrap-On Company, 341 West Superior Street, Chicago, Ill. 60610.

● **The bathtub is the best place to water and spray hanging baskets of plants. Leave them there overnight and the water will absorb and stop any dripping. The bathtub is also good for washing down broad-leaf plants.**

● A leather-bound canvas tackle bag or a feather-light vinyl camera case makes an excellent carry-on bag for air travel. Both have built-in compartments and pockets to keep things organized. Fully packed, they weigh very little, and can be carried over your shoulder. Heavy-weight clear plastic food-storage bags are good for keeping toilet articles sorted—one apiece for hair rollers, makeup, toothpaste and brush, soap, and medical supplies. The bags weigh nothing and you can see what's in them. Always think "lost luggage" when you pack a carry-on and include anything vital for the 24 or 36 hours it may take to find it.

● On a snowy, icy day, you usually have two dreary choices—to salt the steps and front walk and stay upright, or skip it, save the lawn and shrubs from salt-kill, and take chances. However, if on a dry day you slowly pour a bucket of water over the areas you usually salt, you can watch the run-off and protect the vulnerable areas with corrugated edging which you can paint so that it's hardly noticeable. The run-off usually only hits certain places and can be deflected and dispersed.

● **Extra-large, round clay flowerpots (the kind that look like pumpkins) make excellent and decorative containers for garden and terrace hoses. They coil neatly inside the pot and are out of sight but on the ready.**

● A wonderful little power-failure light on the market operates as a night light when plugged into a regular outlet on general duty, but automatically becomes a bright little beam light if the power goes off. It operates for some time on its own power (which is on recharge when the power is on). Every room should have one. Made by Sanyo, the light is called the Power Failure Light and is available at Hammacher Schlemmer in New York.

● Take your address book to a public stenographer (you should have typed it on loose leaves in the first place) and have it copied in list form. A good service will even look up missing zip codes. Then if you should lose your book, which is a *terrible* nuisance, the problem is already solved. ■



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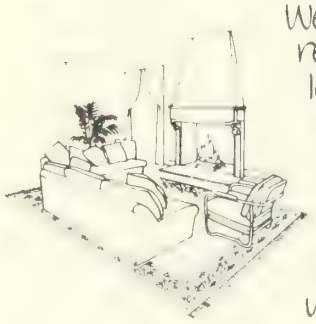
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■ OFFICIAL HEADQUARTERS

HOUSE & GARDEN Colors

You will find here a selection of furniture, carpets, decorativ accessories in our 1978 Colors, and products or similar choice in House & Garden Romantic Roses as seen on pages 146-14

Alabama
Bessemer ..... Pizit
Birmingham ..... Pizit
Brookwood ..... Rich
Eastwood ..... Pizit
Five Points West ..... Pizit
Gadsden ..... Pizit
Huntsville ..... Pizit
Montgomery ..... Pizit
Roebuck ..... Pizit

Alaska
Anchorage ..... Nerland
Fairbanks ..... Nerland

Arizona
Phoenix ..... Goldwate
Metro Center ..... Goldwate
Prescott ..... Goldwate
Scottsdale ..... Goldwate

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Century City ..... The Broadwa
Daly City ..... Breune
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Foxhill ..... The Broadwa
Fresno ..... Weinstock
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Newport ..... The Broadwa
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SW-10

(See listing on opposite page for the St. Charles designer/consultant nearest you.)

continued from page 70

Waterbury ..... G. Fox & Co.
West Hartford ..... G. Fox & Co.

Delaware
Wilmington ..... Strawbridge & Clothier

District of Columbia
Washington ..... Woodward & Lothrop

Florida
Altamonte Springs ..... Burdine's
Bradenton ..... Maas Bros.
Clearwater ..... Burdine's
Dadeland ..... Burdine's
Ft. Lauderdale ..... Burdine's
Gainesville ..... Maas Bros.
Hollywood ..... Burdine's
Lakeland ..... Maas Bros.
Miami ..... Burdine's
Miami Beach ..... Burdine's
North Palm Beach ..... The Pioneer Co.
Naples ..... Maas Bros.
Orlando ..... Burdine's
Pompano ..... Burdine's
Sarasota ..... Burdine's
St. Petersburg ..... Maas Bros.
Tampa ..... Maas Bros.
Westland ..... Burdine's
West Palm Beach ..... The Pioneer Co.

Georgia
Atlanta ..... Rich's
Lenox ..... Rich's
Belvedere ..... Rich's
Cobb Center ..... Rich's
Cumberland ..... Rich's
Decatur ..... Rich's
North DeKalb ..... Rich's
South DeKalb ..... Rich's
Greenbriar ..... Rich's
Perimeter ..... Rich's

Hawaii
Maui ..... Nerland's

Illinois
Arlington Heights ..... John M. Smyth
Chicago ..... John M. Smyth
Ford City ..... John M. Smyth
Hawthorne Center ..... John M. Smyth
Oakbrook ..... John M. Smyth
Old Orchard ..... John M. Smyth
Park Forest Plaza ..... John M. Smyth
River Oaks ..... John M. Smyth

Iowa
Cedar Rapids ..... The Killian Co.
Iowa City ..... The Killian Co.
Spirit Lake ..... Carpenter Interiors

Louisiana
New Orleans ..... D. H. Holmes
Canal Street ..... D. H. Holmes
Lakeside ..... D. H. Holmes
Oakwood ..... D. H. Holmes

Maine
Portland ..... Jordan Marsh

Maryland
Annapolis ..... Woodward & Lothrop
Baltimore ..... Hutzler's
Chevy Chase ..... Woodward & Lothrop
Eastpoint ..... Hutzler's
Iverson Mall ..... Woodward & Lothrop
Prince George's ..... Woodward & Lothrop
Southdale ..... Hutzler's
Towson ..... Hutzler's
Westview ..... Hutzler's
Wheaton Plaza ..... Woodward & Lothrop

Massachusetts
Boston ..... Jordan Marsh
Braintree ..... Jordan Marsh
Burlington ..... Jordan Marsh
Framingham ..... Jordan Marsh
Malden ..... Jordan Marsh
Peabody ..... Jordan Marsh
Worcester ..... Jordan Marsh

Michigan
Dearborn ..... Hudson's
Detroit ..... Hudson's
Fairlane ..... Hudson's
Flint ..... Hudson's
Grand Rapids ..... Hudson's
Harper Woods ..... Hudson's
Livonia ..... Newton Furniture
Pontiac ..... Hudson's
Saginaw ..... Hudson's
Southfield ..... Hudson's
Sterling Heights ..... Newton Furniture
Taylor ..... Hudson's
Westland ..... Hudson's

Minnesota
Brookdale ..... Dayton's
Burnsville ..... Dayton's
Duluth ..... Arrowhead
Minneapolis ..... Dayton's
Ridgedale ..... Dayton's
Rochester ..... Dayton's
Rosedale ..... Dayton's
Southdale ..... Dayton's
St. Cloud ..... Dayton's

Missouri
Jamestown ..... Stix, Baer & Fuller
Kansas City ..... Stix, Baer & Fuller
St. Louis ..... Stix, Baer & Fuller
Crestwood ..... Stix, Baer & Fuller
Riveroad ..... Stix, Baer & Fuller
Westroads ..... Stix, Baer & Fuller

Nebraska
Grand Island ..... Miller & Paine
Lincoln ..... Miller & Paine
Gateway ..... Miller & Paine

Nevada
Reno ..... Weinstock's

New Hampshire
Bedford ..... Jordan Marsh

New Jersey
Cherry Hill ..... Strawbridge & Clothier
Echelon ..... Strawbridge & Clothier
Manalapan ..... Steinbach's
Paramus ..... Greenbaum Bros.
Pleasantville ..... Steinbach's
Short Hills ..... B. Altman & Co.
Trenton ..... Convery's
Woodbridge ..... Abraham & Straus

New Mexico
Albuquerque ..... American Furniture

Continued on page 76

Bobby Woo, the 200 Millionth American
...*10 years later.*



Meet Bobby Woo, the 200 Millionth American. His diapers are done in a Maytag.

Two weeks before Bobby arrived, Mrs. Woo got a Maytag Washer and Dryer. She was following her mother's example.

When she went to the hospital, Mrs. Robert Woo of Decatur, Georgia, never dreamed she was about to give birth to a celebrity.

Bobby caused quite a stir when he arrived at 11:30 A.M. on November 20, 1967. The census people in Washington, D.C., designated him the 200 Millionth American, and you probably read about him in the newspapers and magazines.

Two weeks before Bobby was born, Mrs. Woo bought a new Maytag Washer and Dryer. The machines have been working overtime ever since. Diapers, playclothes, dresses, slacks, everything for a young family. 10 loads a week, week after week. But Mrs. Woo isn't worried. After all, her mother's Maytags are nine years old and still going strong.

Today you can get New Generation Maytags with many new features. A washer with giant capacity and numerous cycles. A dryer with Electronic Control that's just right for permanent-press.

But one thing hasn't changed. Dependability is what we aim to build into every Maytag.

MAYTAG
THE DEPENDABILITY PEOPLE

The Maytag Company, Newton, Iowa 50208



The Maytag that washed his diapers in 1967 is now washing his baseball uniforms, says Mrs. Woo.



David, 6; Angie, 11; Bobby, 10
Mrs. Sally Woo; Mr. Robert Woo; Cindy, 8

Whatever became of Bobby Woo, born a celebrity on November 20, 1967, when the Census people in Washington designated him the 200 Millionth American?

Well, since appearing in the Maytag ad reproduced here, "There are many changes in Bobby's life," writes his mother, Mrs. Sally Woo, Tucker, Georgia. "He has two sisters and one brother . . . he is a fifth-grader . . . he plays Little League baseball."

But one thing hasn't changed, states Mrs. Woo. The same Maytag that did Bobby's diapers in 1967 is washing for him today. The family laundry runs about 10 loads a week now. But that washer has only had one repair in 10 hard-working years. This doesn't surprise her, says Mrs. Woo, because she knows Maytag Washers are built to last longer and need fewer repairs.

Of course, we don't say all Maytags will equal that record. But long life with few repairs is what we try to build into every Maytag Washer, Dryer, Dishwasher, and Disposer.

MAYTAG
THE DEPENDABILITY PEOPLE

continued from page 74

New York
Albany ..... Mayfair
Babylon ..... Abraham & Straus
Brooklyn ..... Abraham & Straus
Clifton Park ..... The Carl Co.
Elmhurst ..... Abraham & Straus
Garden City ..... Abraham & Straus
Glenville ..... The Carl Co.
Hempstead ..... Abraham & Straus
Huntington ..... Abraham & Straus
Jamestown ..... Wellman Bros.
Lake Grove ..... Abraham & Straus
Manhasset ..... Abraham & Straus
New York ..... B. Altman & Co.
Rotterdam ..... The Carl Co.
Saratoga ..... The Carl Co.
Shoporama ..... The Carl Co.
Syosset ..... Caldwell's Interiors
White Plains ..... B. Altman & Co.

North Carolina
Dunn ..... Belk's
Fayetteville ..... Quinn & Miller
Greensboro ..... Belk's
Rockingham ..... Belk's
Wilmington ..... Furniture City
Winston-Salem ..... Belk's

North Dakota
Fargo ..... Dayton's

Ohio
Beldon ..... Higbee's
Cleveland ..... Higbee's
Ford City ..... Higbee's
Great Lakes Mall ..... Higbee's
Midway Mall ..... Higbee's
Parmatown ..... Higbee's
Severance ..... Higbee's
Westgate ..... Higbee's
Chillicothe ..... Ebenhack and Son
Columbus ..... Lazarus
Eastland ..... Lazarus
Northland ..... Lazarus
Westland ..... Lazarus
Dayton ..... Rike's
Kettering ..... Rike's
Lima ..... Lazarus
Mansfield ..... Lazarus
Salem ..... Strouss
Springfield ..... Rike's
Upper Arlington ..... Lazarus
Warren ..... Strouss
Youngstown ..... Strouss
Austintown Plaza ..... Strouss
Eastwood Mall ..... Strouss
Liberty Plaza ..... Strouss
Southern Park Mall ..... Strouss

Oklahoma
Norman ..... Mister Robert

Oregon
Eugene ..... Meier & Frank
Portland ..... Meier & Frank
Lloyd Center ..... Meier & Frank
Progress ..... Meier & Frank
Salem ..... Meier & Frank

Pennsylvania
Allentown ..... Schoen's
Ardmore ..... Strawbridge & Clothier
Bethlehem ..... Furniture Hall
Exton ..... Strawbridge & Clothier
Jenkintown ..... Strawbridge & Clothier
Monroeville ..... Kaufmann's
Mount Lebanon ..... Kaufmann's
Neshaminy ..... Strawbridge & Clothier
Philadelphia ..... Strawbridge & Clothier
Pittsburgh ..... Kaufmann's
North Hills ..... Kaufmann's
Rochester ..... Kaufmann's
Plymouth Meeting ..... Strawbridge & Clothier
Springfield ..... Strawbridge & Clothier
St. Davids ..... B. Altman & Co.
Williamsport ..... Meelan's

Rhode Island
Warwick ..... Jordan Marsh

Tennessee
Green Hills ..... Cain-Sloan
Nashville ..... Cain-Sloan
Rivergate ..... Cain-Sloan

Texas
Arlington ..... Sanger Harris
Six Flags Mall ..... Sanger Harris
Beaumont ..... Joske's
Dallas ..... Sanger Harris
Oak Cliff ..... Sanger Harris
Plymouth Park ..... Sanger Harris
Preston Center ..... Sanger Harris
Town East ..... Sanger Harris
Valley View ..... Sanger Harris
Houston ..... Joske's
Gulfgate ..... Joske's
North Line ..... Joske's
Post Oak ..... Joske's
Town & Country ..... Joske's
Westwood ..... Joske's
Irvington ..... Sanger Harris

Utah
Cottonwood ..... Z.C.M.I.
Ogden ..... Z.C.M.I.
Salt Lake City ..... Z.C.M.I.

Virginia
Landmark ..... Woodward & Lothrop
Seven Corners ..... Woodward & Lothrop
Tysons Corners ..... Woodward & Lothrop

Washington
Bellevue ..... Frederick & Nelson
Seattle ..... Frederick & Nelson
Aurora Village ..... Frederick & Nelson
Southcenter ..... Frederick & Nelson

Wisconsin
Milwaukee ..... Boston Store
Bay Shore ..... Boston Store
Boston Village ..... Boston Store
Brookfield Square ..... Boston Store
North Ridge ..... Boston Store
South Ridge ..... Boston Store

Homemaker to music maker in one easy lesson.



There's a surprise in store for you at your Yamaha dealer. After just one lesson, you can start a whole new life making music.

Find deeper feelings in those favorite songs of yours. Express your creativity, and become involved in something satisfying. Isn't that what you've been looking for?

With contemporary teaching methods and Yamaha's new easy-play features, you'll be having fun from the start.

Drop by your nearest Yamaha dealer today. Look in the Yellow Pages, or just write us. Making music was never easier or more fun.

YAMAHA
Keyboard Division
Box 6600, Buena Park, CA 90622

The E.P.T.™ In-Home Early Pregnancy Test is a private little revolution any woman can easily buy at her drugstore.

It is highly accurate. Millions of women today in 13 European countries use this testing method. Now its high accuracy rate has been verified here in America by doctors who clinically confirmed the results of tests performed by women themselves in their own homes.

That means you can confidently do this easy pregnancy test yourself—privately—right at home without waiting for appointments or delays. That simple difference is the result of many years of costly research. And it's worth every penny.

At last, early knowledge of pregnancy belongs easily and accurately to us all. It's simple. Fast. And there is no risk, no physical danger whatever, in doing it because a sample of your first morning urine is all that's needed for the test.

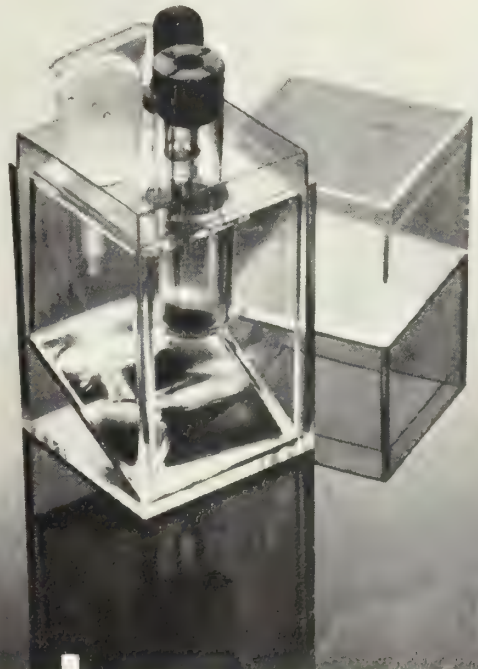
As soon as you become pregnant, your body starts to produce a special hormone—HCG. Starting on the 9th day after the date you expected your menstrual period to begin, there should be sufficient concentration of HCG in your urine to give an accurate reading of pregnancy. And that's all there is to it. Follow the test directions with care, and three drops of urine can tell you quickly and easily what you want to know.

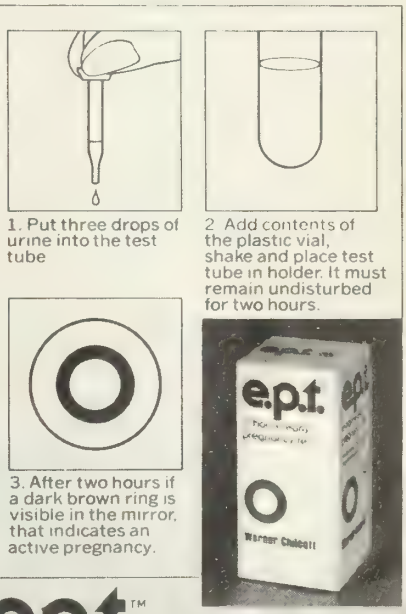
If you get a positive reading, you can assume you are pregnant. Such positive pregnancy readings in our clinical tests proved to be 97% accurate. If your reading is negative, your overdue period should begin soon. If a week passes and you still have not started menstruating, you should take a second E.P.T. test because there may not have been sufficient HCG in your urine at the time of the first test, or you may have miscalculated your period. Negative readings on a first test are about 80% accurate; on repeat testing one week later they are 91% accurate. If your second test result is still negative and your period has not begun, we urge you to consult your doctor as soon as possible.

E.P.T. is very simple to do, but it is important that you follow the instructions carefully to insure an accurate reading.

E.P.T. Early Pregnancy Test gives women a new power, the power of time to help control the quality of their pregnancies.

The first 60 days are critical in fetal development. Improper nutrition, cigarettes, alcohol, even commonly used household medications can be harmful in these crucial first 60 days before most women even know for sure that they are pregnant. Now with E.P.T. you can know. Now, when you call your doctor, you have the results of your test to report. And time is on your side at last.





e.p.t.™ in-home early pregnancy test

At last, an accurate early pregnancy test that women can do at home quickly, safely and very easily.

DEAR HOUSE & GARDEN...

Here we share some interesting letters from our readers and answer your questions

BY MARGARET MORSE

Wall art

I enjoyed the article on the Stewarts' great garden and house [June, 1977] and am writing to see if you would direct me to sources for American Primitives, as I would love some ideas for a mural in our hall. —S.H., Fullerton, Calif.

Mrs. Stewart tells us she didn't copy any particular American Primitive (she's an avid student of art history), but for illustrations and a discussion of the paint recipes and methods American Primitive artists used, you might see *American Decorative Wallpaintings 1700-1850* by Nina Fletcher Little. It's 169 pages long and is available in paperback for $8.10 ppd. from The Bookstore, Old Sturbridge Village, Sturbridge, Mass. 01566. Please make your check payable to the publisher, Old Sturbridge Inc.

Another book you might consider is *The Flowering of American Folk Art: 1776-1876*, which the Viking Press published in conjunction with the exhibit of the same name. It's available in hardcover for $16 ppd. from the Sales Desk, Whitney Museum of American Art, 945 Madison Ave., New York, N.Y. 10021.

Green-thumb storage

I would like to purchase plans for building an outdoor storage shed. Please tell me where I might obtain them. —J.L.F., Staten Island, N.Y.

Three organizations that offer plans are: The American Plywood Association (P.O. Box 2277, Tacoma, Wash. 98401) has a catalogue illustrating over fifty plans, including five for garden storage sheds, one for a lawn tool storage cabinet, one for a carport storage unit. The catalogue is 50¢, most plans $1 each, ppd.

The California Redwood Association (617 Montgomery St., San Francisco, Calif. 94111) offers, for 35¢ ppd., its *Garden Shelters* brochure showing a Japanese-influenced summerhouse-cum-garden shed.

The Western Wood Products Association (1500 Yeon Bldg., Portland, Ore. 97204) offers plans for a Garden Tool House (25¢ ppd.) and for a Stow-It-All storage fence (35¢ ppd.). Add 50¢ if you wish the *Great Ideas in Outdoor Living* brochure, too.

Vacuum bottles repaired

The glass liner of my thermos bottle has broken. Is the bottle repairable? —E.M., Brooklyn, N.Y.

Yes indeed. If you send it via insured mail to Edward Stein at the Hormel Corporation, Room 1300, 212 Fifth Ave., New York, N.Y. 10010, he'll send you an estimate. Hormel repairs vacuum-lined pitchers and ice buckets, too. You may bring in broken items between 9 A.M. and 5 P.M. Monday through Friday, if you prefer. Hormel's principal business is importing—among other things a hard-to-find, gallon-size, vacuum-lined, wooden ice bucket that sells for about $120. Write for stores near you.

Chaise chase

I've searched high and low for the springs that go on Barwa chairs [the S-shaped patio chaises that can be angled for sitting or reclining]. Can you suggest a source? —L.L.W., Nantucket, Mass.

The Patio (550 Powell St., San Francisco, Calif. 94108) sells new springs and canvas covers for Barwa chairs—and, of course, the chairs themselves. A set of springs is currently $17.25 ppd. The spring-summer catalogue is $1 ppd.

Pearly pieces

Where can I order mother-of-pearl? I have several pieces missing from a very old and beloved chair. —T.B., Jr., Ashland, Ky.

You can mail-order flat mother-of-pearl pieces from the Pearl Design Center, 979 Third Ave., New York, N.Y. 10022. They're irregularly shaped, about 1/16th-of-an-inch thick, and up to 2 inches square in area. A 1-inch-square piece is about $5. A good jeweler or lapidary can grind pieces to fit your patterns. To make pattern, press tissue paper into cavity, trace inner edge with pencil. Transfer to cardboard, cut out, and test size and shape in cavity—it should be slightly smaller than cavity. Or with a nail file and lots of patience you can file down the mother-of-pearl yourself, but first soak it overnight in water to reduce brittleness. Glue finished piece into place with a white polyvinyl glue such as Elmer's, then match new white piece to its older, darker neighbors, graze it with a cloth-wrapped finger dipped in a tiny bit of raw umber oil paint. Wipe off excess. If your missing pieces are geometric in shape, the Pearl Design Center may custom cut them for you. Send Mr. Edward Kay there exact patterns, he'll send you an estimate.



Woodard, 317 Elm Street, Owosso, Michigan 48867

Our best salesman shows up in your mail once a month.

A high utility bill is one of your best reasons to check out today's new, energy-efficient gas appliances. They use up to 50% less gas than the ones offered just five years ago, saving you money... and precious energy. Gas has always been the most efficient energy for the big household jobs of home heating, cooking, heating water and drying clothes. And, with utility bills going higher, gas and new gas appliances are a better choice today than ever before.



Does the cost of staying warm give you chills?

A new, energy-efficient gas heating system can heat the same amount of space as older systems with up to 20% less gas... enough, in fact, to take care of your total energy needs for cooking and drying clothes. They're quiet, clean, compact, long-lasting and have pilotless ignition.



Now there's really something to sing about in the shower.

Did you know the average family uses 26,000 gallons of hot water a year? That's a lot of water... also, a lot of money and energy. You can save both with a new, energy-efficient gas water heater. Compared to older models, these new heaters heat the same amount of water with up to a third less gas.

Only sunshine is more efficient.

Today's new energy-efficient gas dryers can cut your use of gas for drying clothes by 25%. They have pilotless ignition, automatic shut-off when clothes are dry, and multiple temperature settings for all types of fabrics.



Conserving energy is a national concern... saving money, a personal one. New gas appliances do both, and that's why we say:

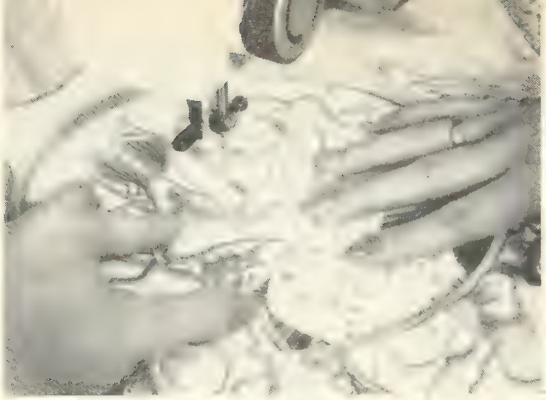
The pilot light went out... for good!

Pilotless ignition is just one reason many new gas ranges use up to one-half less gas than older models and cost on average far less to operate. They also feature instant on and off, super fast heat control, multiple temperature settings, ovens that clean themselves and smokeless closed-door broiling



New Gas Appliances are good for your economy!

Gama
GAS APPLIANCE MANUFACTURERS ASSOCIATION



Shade a rose with contrasting stitches

How to make your own machine-embroidered appliquéd pillows

SEWING WITH A GREEN THUMB

It's easy to make machine-embroidered appliquéd pillows like the ones on pages 142-143. All you need is a sewing machine, a variety of print fabrics, a thin embroidery hoop, thread, and a bit of creative imagination.

Begin by choosing a tentative design, using the pillows on pages 142-143 as a guide. Select a variety of coordinating print fabrics. The Designers Guild fabrics used for these pillows are available from Brunschwig through decorators. Cut out fabric designs, or flowers, according to your plan. Arrange the cutout appliqués in layers on one large background fabric the size and shape of your finished pillow. Play with the different shapes and prints until you have decided on a final design.

Example: The square bouquet pillow at the top of page 142 is made by layering squares of different print fabrics on top of each other, each square being about 2 inches smaller than the one beneath it. The result: a border frame punctuated by a single cutout bouquet in the lower right corner.

Pin appliqués to the background fabric and outline each one with a straight machine stitch. Trim raw edges. You are now ready to begin free-motion machine embroidery, which overstitches curved raw edges and creates depth and shading around and inside your appliqués.

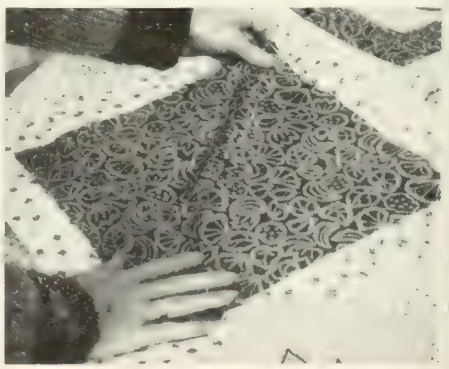
Free-motion machine embroidery—using a plain zigzag or straight stitch—is accomplished without the guidance of the presser foot or feed mechanism of your machine. Fabric movement is controlled by means of an embroidery hoop which holds your fabric taut as you sew.

Fill bobbin with a neutral color mercerized thread that can remain in place even when changing the top thread to match different parts of your design. For the top stitches, use machine embroidery thread, a fine, satiny thread that will not fray. If this is unavailable, mercerized cotton or polyester thread may be substituted.

Remove the presser foot, and cover or lower the feed mechanism of your machine, referring to your owner's manual for instructions. Place the design to be outlined in the embroidery hoop. Lower the presser foot lifter, and, holding the edges of the hoop lightly, run the machine at a moderate speed, following the outline of your design. Slow hoop movement will produce a short close stitch; faster movement opens and lengthens the stitch. Make a test sample with the thread and fabric you plan to use, adjusting the stitch length and tension properly, and practicing various stitches with the hoop.

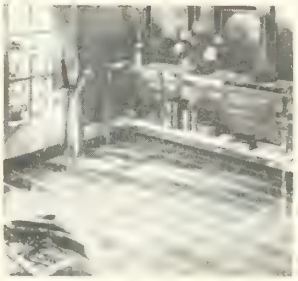
The color of your machine embroidery thread is most important to the final look of your pillow. Study your fabrics to determine less prominent colors. Bring out these colors with machine embroidery. Some prints have enough color and design to give them shape and depth with nothing more than an outline of machine embroidery necessary. Other prints will benefit from the added dimension and texture that comes from embroidering within the outlined border of the appliqués. Experiment with different color threads on different areas of your pillow. A leaf may be shaded with different threads of green. A flower might be outlined in one color, filled in with another.

Back your finished pillow front with a solid piece of fabric; stuff, and close with a zipper. ■



Arrange print fabrics on top of each other

Cure For The Common Foyer, 50¢



Ceramic tile can transform an ordinary room into something very much out of the ordinary.

And our new book will give you all kinds of ideas for using it. In every room of your house.

Ceramic tile. It can turn your foyer into a grand entrance.

Name Address

City State Zip

Ceramic Tile Idea Book

Tile Council of America, Inc., P.O. Box 2222, Room 830, Princeton, New Jersey 08540.

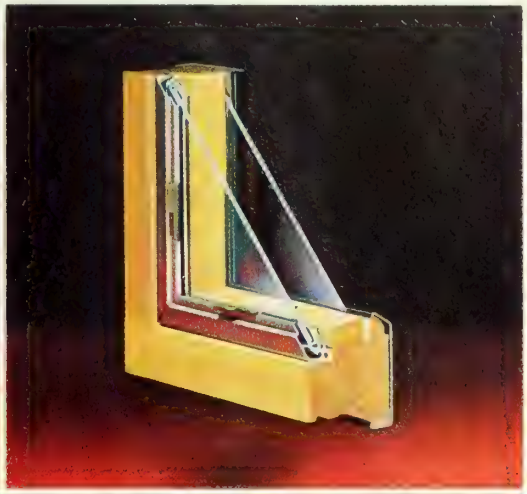
If you don't have Pella windows here's what you've been missing.

siest to wash Pella's unique hinging sys- permits the sash to crank straight out, simultaneously move *to the center of the* ne. This wide open position, available on Pella ventilating windows, gives you plenty oom to clean outside glass from inside room.

More insulation for less money Pella's Double Glass Insulation System, with its full 13/16" air space between panes, does a better job of insulating than welded insulating glass — yet costs less per window!

Instant privacy or shade Pella's exclusive Slimshade® fits in the dust-free space between the panes of our Double Glass Insulation System. Closed, it can reduce heat loss up to 62% and solar heat gain up to 82% compared to a single-pane, unshaded window. Another energy-saving feature













minum exterior needs no painting a offers the ultimate in care-free windows n aluminum skin in attractive colors out- , with the beauty and natural insulation ood inside. None of the protective clad- intrudes on inside surfaces to cause orating problems.

The disappearing screen Only Pella offers Rolscreen®, an option to the standard inside screen on Pella's Clad Casement window. It stores out of sight at the top of the window to give you a crystal clear view and let in 20% more light. When you want the screen in place, simply pull it down like a window shade and latch it firmly into position.

The sliding glass door with the self-closing screen A screen door that remembers to close and latch itself every time someone opens it. Pella patio doors have wood frames reinforced with metal T-sections to prevent warping. This keeps the door properly weathersealed and easy to operate.

Only Pella offers it all.



FREE. 16-page "Window & Door Ideas" book for traditional and contemporary homes. Contains helpful information about window types and how each works, window treatments, window placement and selection, plus how to eliminate screen and storm chores, reduce fuel costs and outside maintenance. The Pella Planning Center closest to you is in the Yellow Pages under "windows".

Please send me a copy of "Window & Door Ideas". ☐ I plan to build. ☐ I plan to remodel. ☐ I would like an appointment at the Pella Planning Center nearest me, have someone contact me.

Name_____

Address_____

City_____

State_____ Zip_____

Telephone_____

Mail to: Pella Windows & Doors, Dept C03C8, 100 Main St., Pella, Iowa 50219

Also available throughout Canada. Coupon answered within 24 hours.

Pella®

© 1978 Rolscreen Co.

BRANCH INTO AN EARLY SPRING

SUSAN McNEILL

BY RICHARD LANGER



Sprays of sunny yellow forsythia at the restaurant La Grenouille.

Spring never seems to come soon enough. And although there's little one can do about that in the bleak, windy world outside, one can coax spring into being early indoors.

Where and when the idea of forcing dormant branches to flower indoors first originated remains an enigma. But the art grows in popularity with each passing year. Actually, it's not so much an art as it is a matter of knowing which plants can be readily forced, which ones may be difficult, and what to do to encourage the blooms to appear.

Quince, cherry, plum, and the rest of the stone fruits are candidates for easy forcing

Basically, the closer to their normal blooming time the branches are cut, the sooner they will flower. In northern states, spiraea cut the first week in February takes over a month to demonstrate its beauty. But in the middle of March, it hesitates only a week before unfolding its petals. Dogwood will take about a month and a half if cut the end of January, but do your snipping in the month of March and you'll have a short wait. The same holds true for most trees and shrubs, so little is gained by rushing spring into February, as tempting as the thought may be. Now March, that's another story.

Branches for forcing should be cut on a sharp slant. And when you do your pruning, use a sharp pair of shears so as not to injure the rest of the shrub by stripping strings of bark away. The cold season is hard enough on your plants; you don't want to leave them weak and exposed to disease.

Those great sweeping sprays of movie fantasy settings, incidentally, are forced in a greenhouse. Three-foot lengths are about the maximum you can use in a house. Longer branches can't absorb water fast enough and usually don't make it.

Once you have your cuttings inside, slit the stems up the middle about 4 or 6 inches to increase the wood's ability to absorb water. On thick branches, those over an inch in diameter, it's also a good idea to scrape away the bark for the same distance up the stem.

Any type of vase or container may be used to hold the branches, though it's preferable not to use transparent ones, as they foster algae in the water. Algae is not so much a problem as it is an esthetic malfunction. If you've ever tried to force branches in spring only to end up with a grouping of dried twigs and some very iffy water, you've encountered the slime problem. Traditionally one combated it with frequent changes of water. This is still a highly recommended procedure (remember, however, always to use tepid water—you are, after all, trying to create an illusion of spring for your plants). But the best way to avoid the unpleasantness of congealed water is to add a teaspoonful of household bleach per gallon of water. The bleach will retard the bacterial growth that causes the water problem.

While you're at it, add half a teaspoonful of liquid fertilizer to each gallon of water as well. It's supposed to encourage the blossoms to develop to their full glory. I've never been quite certain it really made a difference, but it doesn't hurt.

Which plants are the easiest to force? There's pussy willow, of course—so easy it works for a child, and indeed it's something in which every child delights. The ever-popular forsythia, spiraea—with its masses of minute pink or white flowers—quince—one of the earliest bloomers—and witch hazel, all are almost fail-proof. Fruit trees such as cherry, peach, plum, and the rest of the stone fruits are also candidates for easy forcing. So too are apple, dogwood, rhododendron, and wisteria. These, however, are relatively late bloomers and will not force readily indoors if cut early. March—the beginning, middle, or end, depending on how severe your winters are—is the best time to bring an early spring indoors. And while you are at it, why not experiment? Try *Abeliophyllum*, the so-called white forsythia, or *Cytisuspraecox* the warm Warminster Broom, with its yellow blooms.

A vase of cuttings should be kept in a warm, brightly lit, preferably sunny spot. Warmth is, of course, what makes the incipient flowers think it's spring, while the sunshine encourages the development of nature's finest colors. Branches forced in insufficient light tend to be rather paler than their naturally sunbathed counterparts. Daily misting is also a great aid, since it assures that the buds will not dry out. Tepid water—or even warm water, since it will cool rapidly as it is misted—is, as always, best.

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FOR THE LOVE OF ROSES

How to grow them, where to grow them, and what makes them the most romantic flower on earth

BY JAMES FANNING

There were roses before there was a word for them. Fossils preserve for us leaves and flowers much like today's familiar *Rosa multiflora*, millions of years old and unquestionably roses; and the five-petaled flower was so beloved by early artists that we can admire it cast and carved in the most ancient materials. When a word did exist—the *gul* of Persia, where the world's first rose garden was probably cultivated—it embodied the concept of all flowers, and in Romance languages, the rose's name also means its brilliant color: In fact, the English *gules*, the deep crimson of heraldic arms, seems to have bloomed straight out of Persia.

The ancestors of the garden roses we know now were brought to Europe by Crusaders returning from Asia Minor, and as soon as European poets discovered it they turned the flower into the medieval symbol of courtly love and heraldry. *The Romance of the Rose*, written about 1230, set the style for 300 years of passionate chivalry in France and in England, where the houses of York and Lancaster chose white and red roses as their tokens of identity and fought history's bitterest battle over the throne in the Wars of the Roses. The age of gallantry faded slowly at the end of the 15th century; but the rose is still the aristocratic flower, cultivated in the famous gardens of presidents and princesses. And, as anyone who has received a giant bouquet of long-stemmed beauties knows, it is still the flower of romance.

The Rose in the Wild. Roses have their natural home in the north temperate zone, where wild species grow all the way around the globe, from Mexico to Siberia. There are hundreds of species in the genus *Rosa;* practically all the wild species are single, with five petals surrounding a central tuft of stamens, but many-petalled varieties do occur, and it is these that have led to the development of the densely packed, high-centered blooms so much in favor today. The basic colors are white, yellow, and all the shades of red—from pale pink to deep maroon. When it comes to growing roses in our own gardens, an almost infinite



Wave of roses over a garden gate; by Leonore Baronio for the Andrew Goodmans

variety is available, ranging in size from great, sprawling shrubs to teacup-sized miniature plants, all overwhelmingly floriferous. Queens of the garden are the modern hybrid teas and floribundas, which not only have the full range of sizes and colors, but flower almost continuously from late spring to late autumn.

How to Grow Happy Roses. The wild species roses give us the clue to successful rose gardening. They flourish at the edges of meadows, near the seashore, and in clusters where there is not much else but grass. We may improve on nature with fertilizers and insecticides, but the basic requirements of full sunshine, free air circulation, and good drainage (no standing water) are most important. A balanced fertilizer not too heavy in nitrogen is best for roses, and should be applied just before the time of most active growth. 5-10-10 (5 percent nitrogen, 10 phosphorus, 10 potassium) is a good formula. If used in a slow-release form, fertilizer need only be applied once a year; faster-acting types may be applied as often as once a month during the growing season. A particularly effective insecticide is Sevin—but this also kills bees, so use it with discretion. Phaltan is probably the best fungicide; it may be used in combination with Sevin and a spreading agent. Read the manufacturers' instructions for all three chemicals before using.

The Little Roses

Although roses have been grown in greenhouses for as long as there have been greenhouses, growing them in an ordinary living room had to wait for development of the modern miniatures. The first of these appeared shortly before the Second World War. During the 1960s, as interest in indoor plants grew by leaps and bounds, rose breeders increased their output of miniatures, so that now there are several hundred on the market. All the usual rose types and rose colors are represented in the miniatures, scaled down to be in proportion with the 8-to-10-inch-high plants. Their requirements are the same as for roses grown outdoors: lots of light, not too much water, and good air circulation to prevent mildew and similar ailments. Their one indoor enemy is the spider mite. These miniscule web-spinners thrive on dry indoor air and cause leaves to yellow and drop. Misting with plain water at frequent intervals usually conquers the pests. If not, one of the commercial miticides—used strictly according to the manufacturer's instructions, of course—will do the trick. Outdoor uses of miniature roses should not be overlooked, either. They are as hardy as roses of any other type, and make ideal accents in a rock garden, where they may be planted on upper levels, close to the viewer's eye, and where there is little danger of an oversupply of moisture.

A connoisseur's list of miniature roses for either indoors or out would certainly include the following six:

Simplex. Flowers are single, more than 1 inch across, with pointed apricot-tinged white petals, making it look like a wild species. Not among the smallest miniatures, stems reach as high as 2 feet.

Mimi. Flowers are the flat-opening, full-centered type we think of as old fashioned. They are sweet-scented, medium pink and, very long-lasting, on a 2-foot-high shrub.

Wayside Garnet. This old favorite grows about 18 inches high, and is densely branched, with clusters of very double flowers each less than an inch across, and of a true garnet color.

Hula Girl. This is a miniature version of that all-time favorite hybrid tea, *Tropicana.* The bright orange, urn-shaped buds open to a diameter of just over an inch, and are very long-lasting.

Mary Marshall. A floribunda type, seldom growing more than 15 inches high. The flowers are orange-pink, with a perfect tea rose form.

Continued on page 87

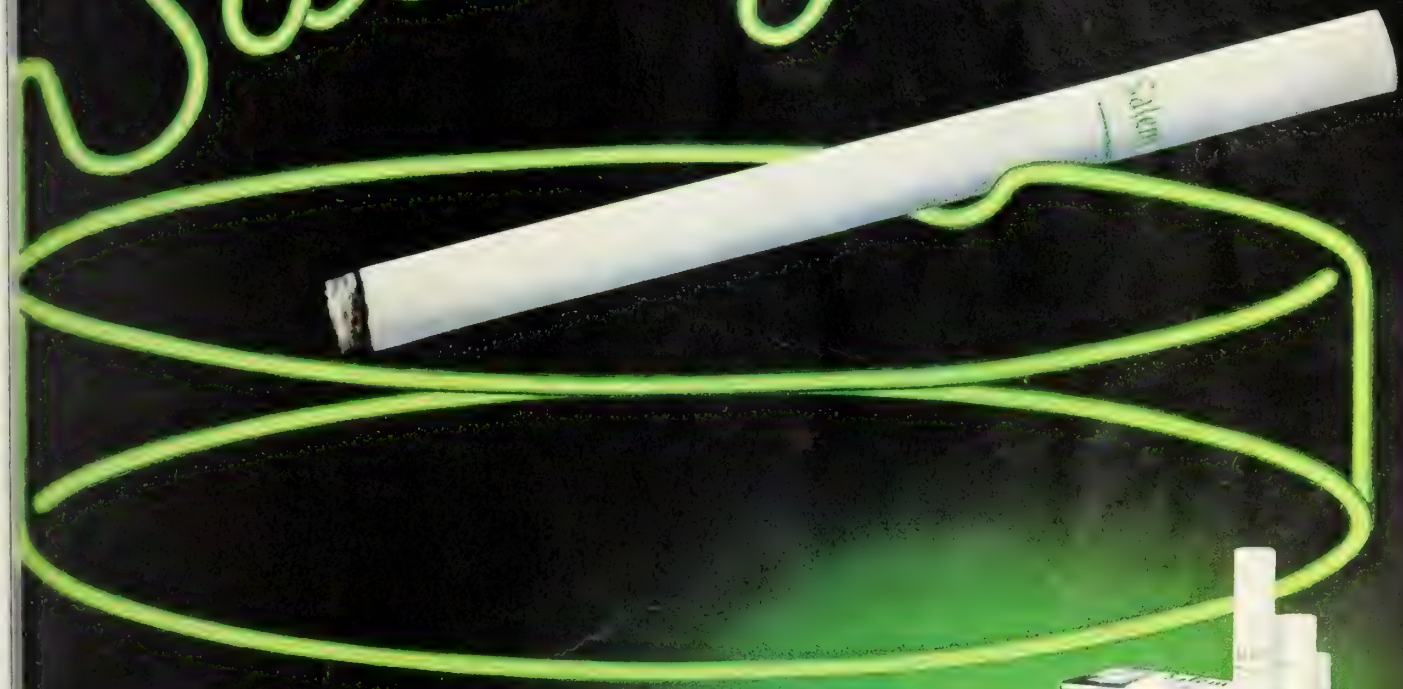
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The love of roses
continued from page 84

Toy Clown. Very double white flowers, each petal edged with red. The plant is very vigorous. And Charles Marden Fitch, in *The Complete Book of Miniature Roses* (Hawthorn, $12.95), has words of high praise for *Red Cascade* and *Green Ice* (white), as ideal trailing plants for hanging baskets.

Some leading suppliers of miniature roses are:

MINIATURE PLANT KINGDOM,
4125 Harrison Grade Road,
Sebastopol, Calif. 95472

NOR'EAST MINIATURE ROSES,
58 Hammond Street,
Rowley, Mass. 10969

MINI ROSES,
P. O. Box 2455, Sta. A,
Dallas, Tex. 75208

Old-fashioned Roses

We usually think of old-fashioned roses as having a great many petals that open out into a flat-topped form as the flower matures. However, practically all of the wild species have just a single row of petals, and the oldest known garden rose—of unknown origin—is, at best, only semi-double. This is *Rosa Damascena*, the damask rose, supposedly brought from Damascus by the Crusaders. Its color and fragrance are those customarily associated with roses, and it is grown commercially as the source of attar of roses. Like most of the old kinds, the damask rose grows as a shrub, increasing in height and spread year by year. From the modern viewpoint, old-fashioned roses have the handicap of sparse flowering—sparse, that is, because there is just one rather brief period of flowering, usually in late spring, and no more than a scattering of blooms the rest of the year.

Here are six of the old-time favorites, introduced during the two centuries from 1700 to 1900:

Souvenir de Malmaison. Named in honor of the famous rose garden of Empress Josephine, this has small, perfectly shaped buds that open to 4-inch flowers of perfumed flesh pink. However, the plant does not survive cold winters.

Frau Karl Druschki. This set the standard by which all modern white hybrid tea roses have been judged. It blooms at intervals during the growing season, each flower on a long, straight stem; pure, glistening white with perfect form.

Reine des Violettes. The flower really lives up to its name, *Queen of the Violets*. It is very double, much bluer than most of the modern "blues," and, unlike the later arrivals, very sweetly scented.

Maiden's Blush. Victorians changed the name of this lovely blush pink rose from the one it was born with: *Nymph's Thigh*. The flowers are large, fully double, and very sweet-scented.

Koenigin von Daenemark. Sometimes listed with the name Anglicised to *Queen of Denmark*, this is one of the most beautiful of all pale pink roses. It blooms only once a year, but fanciers like Peter Hewitt (see page 144) say it is well-worth waiting for.

Striped Moss. A green fringe on flower stalks and sepals gives this type of rose its name. This particular moss rose has very double, flat-opening flowers, either white or pink, with candy stripes of pink or red. Floriferous and nicely perfumed.

A group calling itself *Heritage Roses* has been set up to help lovers of old-fashioned roses find the ones they have set their hearts upon. Membership costs $2 a year, for 4 newsletters and whatever assistance you may need. Write to

CARL CATO, HERITAGE ROSES,
5916 Hines Circle,
Lynchburg, Va. 24502.

Specializing in old-fashioned roses are these nurseries;

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breeders have developed, within the past 40 years, types of roses undreamed of by old-time gardeners. There are three general types—hybrid teas, floribundas, and grandifloras. Hybrid tea roses have the most beautiful individual flowers in all of rosedom, with an almost infinite range of colors, all in the urn shape we have come to expect in roses, and all borne on neatly branching shrubs that are small enough to be planted in variety in even a small garden. Floribundas are most profuse with their flowering. Individual blooms are smaller than the hybrid teas, but borne in huge trusses that keep appearing all summer long. For landscape color, the floribunda roses are unexcelled—they are also extremely hardy and, for the most part, resistant to diseases. Newest rose type, the grandiflora, has flowers of the tea rose persuasion, but borne on taller bushes, with stronger canes, better health, and a generally more robust constitution. Russell Page, noted garden designer, elects two hybrid tea roses as being tops among those introduced in the past 40 years:

Peace. This is probably the best-known rose in existence today. Ideal in form, and with an unparalleled peaches-and-cream coloring, it is resistant to most pests and flowers profusely throughout the growing season.

Tropicana. This coral-orange rose was a real color breakthrough at the time it was introduced, and is still unsurpassed. Extremely vigorous, it seems never to slacken its production of flowers. Another of Mr. Page's favorites is *Iceberg,* a white, highly perfumed floribunda, which is everblooming and extremely disease resistant. Other gardeners have their favorite floribundas, of which the following is just a small selection:

Betty Prior. Single pink flowers on a 3-foot shrub. Plants of Betty Prior set out when it was first introduced in 1935 are still thriving.

Circus. This has flowers of a distinctive yellow, pink, and red color combination, on a compact bush with healthy, leathery, dark green foliage.

Vogue. Still going strong after a quarter-century, Vogue has a vigorous constitution, glossy leaves, and great clusters of cherry-pink flowers.

The list of grandiflora roses is not a long one, but it includes some of the finest roses we can grow today.

Queen Elizabeth. With flowers of cameo pink, on long, straight stems, this is the rose *par excellence* for cutting. Hardy, vigorous, and tall-growing, it blooms throughout the growing season.

Comanche. A brilliant shade of orange-red, Comanche produces flowers all summer long on a vigorous, foolproof plant.

Climbing roses are a separate category that includes most of the familiar varieties in a form that makes long, flexible canes. Climbing roses do not actually climb, they sprawl, and need support of some kind to keep them up where the flowers will show to best advantage. Besides climbing *Peace* and climbing *Tropicana,* there are a few roses that exist only as climbers. Among the best are:

Blaze. A dazzling scarlet, this climbs as though trying to reach the heavens, flowering profusely all the time.

City of York. One of the few white climbers, this has very large flowers on vigorous, hardy canes.

Tree roses are really a fancier's specialty. They consist of a top that may be any kind of rose at all, grafted onto an

Continued on page 90

A BED OF ROSES

We use the phrase "a bed of roses" to express the ultimate in easeful luxury. The term comes from Roman times, when the tables at ultradeluxe banquets were strewn with rose petals, plus a particularly heavy layer on the floor, where over-indulging guests could sleep it off in sweet-scented comfort. Today, a jar or bowl of rose petal potpourri is about as close as we allow ourselves to come to the Roman bed of rose petals, but the substitution is an acceptable one for our more abstemious times. A silver or porcelain bowl on a side table, where guests can sift the scented flower fragments through their fingers, is an irresistible reminder of luxuries past. Helen M. Fox, in her gardener's testament *The Years in my Herb Garden* (Macmillan, paperback), gives instructions for making a potpourri that may be kept in either a closed jar or an open bowl:

1 quart dried rose petals
1 pint dried rose geranium leaves
1 pint dried lavender flowers
1 cup dried rosemary
1 cup dried vetiver root
2 tablespoons each of crushed whole cloves, allspice, and cinnamon
3 tablespoons each of crushed orris root and gum benzoin
20 drops rose oil compound
5 drops heliotrope oil compound

The ingredients should be thoroughly mixed and kept in a tight jar for 2 months, then placed in an open container. Mrs. Fox also likes to add red rose petals, dried to hold their color, and other colored flowers to the mixture when it is put on display. (*Copyright ©, The Macmillan Co., 1973*) Vetiver is the root of the grass *Vetiveria.* It may be had from the Caswell-Massey Co., Ltd., 320 West 13th St., New York, N. Y. 10014. This apothecary firm also sells the other ingredients for potpourri by mail order. Its catalogue is $1, from the above address.

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upright stem of one of the wild rose species. Usually about 3 feet high—although the stem may be any height—they stand out as accents among the normal-height roses in a formally arranged bed. Since the tall stem is subject to damage from winter winds, tree roses must be given good winter protection. In cold climates, they are usually dug up each fall and buried—lying horizontally—or taken into a root cellar.

When you receive a shipment of bareroot rose plants, try to get them planted as quickly as possible. If they have to wait for more than a few days, make sure they—particularly the roots—do not dry out. Wrapping the whole plant in damp burlap, burying it in sawdust or leaves or just wet newspaper will keep the delicate root and bark tissues from the dehydration that could severely damage the plant.

Be sure to spread the roots out the way they would grow naturally when planting. Sift the soil carefully around and between the roots so that they are all completely buried in a natural position, ready to start growing immediately. If the plants you buy are growing in pots, remove the pots completely as you set the plants in the ground. This gives you a chance to examine the roots, cut off any damaged ones, and spread out and separate any that have become tangled or grown around the inside of the pot.

Make sure the graft—a bulge where the top sprouts out of the root—is covered by about an inch of soil when the planting hole has been refilled and the ground leveled off. Watch out for suckers that may grow out from the root below the grafting point. Follow the stem of the intruder underground and cut it off where it grows out of the root. Use soaker hose or trickle irrigation on your rose beds. Overhead watering not only tends to spatter the flowers and leaves with mud, it encourages mildew by keeping the leaves wet.

Always remember that it is the leaves on a rosebush that manufacture food for the flowers. This means not removing any more leaves than necessary. Prune in the spring, when the buds are just beginning to grow, and cut off only enough to shape the plant or remove dead or severely damaged wood.

One of the best, down-to-earth books about the growing of roses is called simply *All About Roses*. Compiled from information supplied by a panel of experts, it is published by Ortho, and sells for $3.98 wherever Ortho pesticides and fertilizers are sold.

And to pursue a really serious interest in roses, membership in The American Rose Society is in order. Membership costs $15.50 a year, from The American Rose Society, P. O. Box 30,000, Shreveport, La. 71130, and includes a subscription to the American Rose Magazine and the American Rose Annual.

Roses from the hip

Rose hips are the fruit of the rose and hang on a rosebush like small apples. They vary in size from the tiny ones of Rosa Multiflora to plum-size hips of Rosa rugosa (which are considered the best to eat). They should be gathered in autumn, as soon as they turn red.

To prepare rose hips for recipes: Remove blossom ends, stems, and leaves after gathering hips. Wash carefully to remove any insect damage. Chill and store in airtight container to prevent loss of vitamin C. Use quickly—they spoil fast. **To remove seeds,** cut the fruit in half and take out seeds, or make a hole in the top and insert a sharp knife to remove seeds. Always use stainless steel knives. **To dry rose hips,** wash and clean them first. Remove seeds or leave them in. In weather is warm and dry, spread out on a screen rack until hips are leathery with no moisture left. If weather is cool or humid, dry hips in a dehydrator or by the sulphur method. Dried hips can be bought in organic food stores. **As outdoor decoration:** String hips as you would cranberries, and tie to bird feeder. Birds love them! ■

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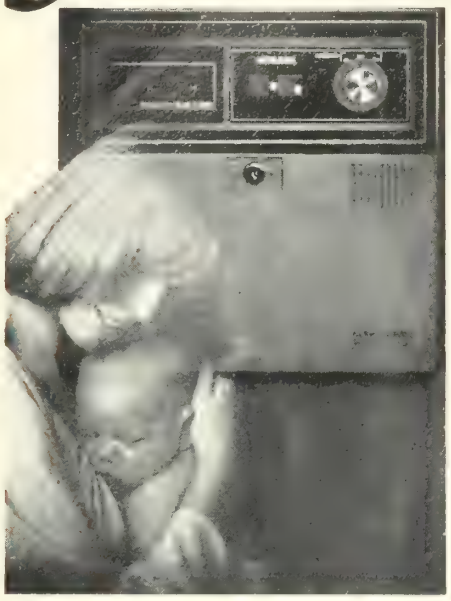
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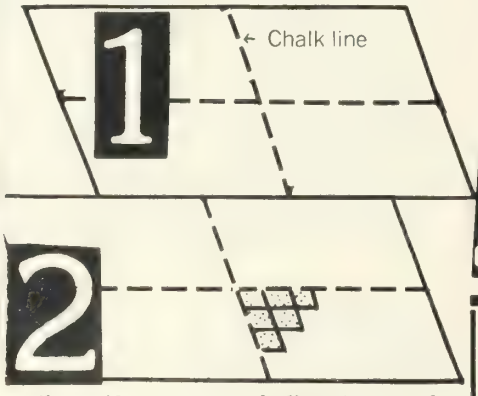
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BY DEANNE RAFFEL

Working with colorful self-adhesive vinyl tiles is so easy and quick, you can install a new floor in just a few hours. Discuss the type of floor you want to cover with a flooring salesman. He will tell you if you can work directly over the present surface.



Step 1: Prepare the surface. The floor should be cleaned of grease, wax, dust, and dirt. Holes need to be filled, peeling paint scraped. Old tiles must be tight in place, protruding nails hammered down.

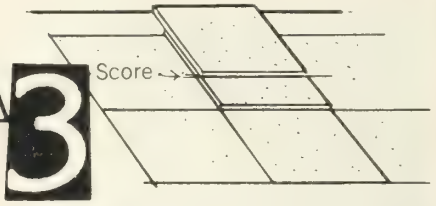
Step 2: Chalk the floor. Measure the length of two opposite walls of the room and drive a nail in at each midpoint on the floor. Stretch and tie a chalk line to the nails, across the floor. Repeat the procedure on the other two sides. The lines will cross in the center. Check to see they intersect at a right angle by using a tile as a square. A slight nail adjustment may be necessary—also a new chalk line *(illustration 1)*.

Step 3: Lay tiles in each quadrant. First place a refuse container on the floor. The backing paper is extremely slippery and should be discarded as it is peeled from each tile. Work in each quadrant from the midpoint where chalk lines intersect. Press the flooring in place. Continue working in a pyramid until each section is filled *(illustration 2)*.

Step 4: To complete border: Lay a dry tile over the last one in a row. Butt a second dry tile to the wall. With a utility knife, score a line on tile 1 where the edge of tile 2 overlaps. Again run the knife over the scored line and bend the tile until it snaps *(illustration 3)*.

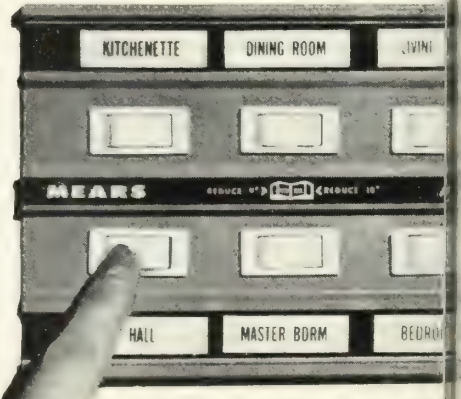
Step 5: Use a piece of backing paper to make a pattern for tiles that require irregular cuts. Be sure to turn the pattern over when tracing the outlines on the backing paper of a dry tile. Hold the tile over a light bulb or put in a warm oven for a minute to soften the material and ease cutting of curves with scissors or tin snips.

Step 6: Call in the troops. Immediate traffic will improve adhesion of the backing. Encouraging children to march around the floor will be a big help.



The heat's off

A new system, Heatminder, for electrically heated houses, provides a switch panel for remote control of temperatures. It can save money wasted in heating unoccupied rooms, upper stories, or wings of houses. With M7-SB thermostats of the system in separate areas or individual rooms to regulate temperatures, the push-button panel can lower temperature settings from one distant location. By manual operation, two setback switches on the panel reduce heat by either 9° F or 18° in any designated area. Connected to a time clock the setback system works automatically. Equipped with 6 or 10 switches and thermostats, prices for the system range from $203 to $308. Mears Controls, Inc., a Cutler-Hammer Co., 13725 S.W. Millikan Way, Beaverton, Ore. 97005.



More House Fixer, page 94

BECAUSE THE SOCK DISAPPEARS, SO DOES THE DIRT.





Before you buy a washer, take off your socks.

Throw one into a Frigidaire washer, the other into the best selling brand's best washer. Start the machines, and watch what happens.

See how quickly the Frigidaire sock is sucked beneath the suds. And see how long the other sock just hangs around the top.

What you are seeing is our special Jet Cone agitator at work.

It goes up and down instead of back and forth like other washers. It pulls the clothes down to the bottom of the tub. And that's where the best cleaning action takes place.

In fact, independent laboratory tests have proven that our Jet Cone washing action circulates the wash load three times more often per regular wash cycle. And gets clothes cleaner than the best selling brand's best washer.*

But our quest for clean didn't stop there.

Only Frigidaire washers have the Jet Circle Spray action. It shoots water into the tub from not one but twelve outlets around the top of all 1-18 lb. washer tubs. This forces the detergent into solution and even helps push the clothes down under the water to loosen dirt.

So take a look at a Frigidaire Jet Cone washer.

It'll not only knock your socks off.
It'll get them clean.

*Tested in accordance with AHAM's Standard HLW-1 Soil Removal Test using a 15-lb. dry weight mixed cotton test load.

FRIGIDAIRE GM
WHY SETTLE FOR LESS?



Look for our Jet Cone washers and easy-to-load wide mouth dryers, just part of the complete line of Frigidaire appliances at your local Frigidaire dealer

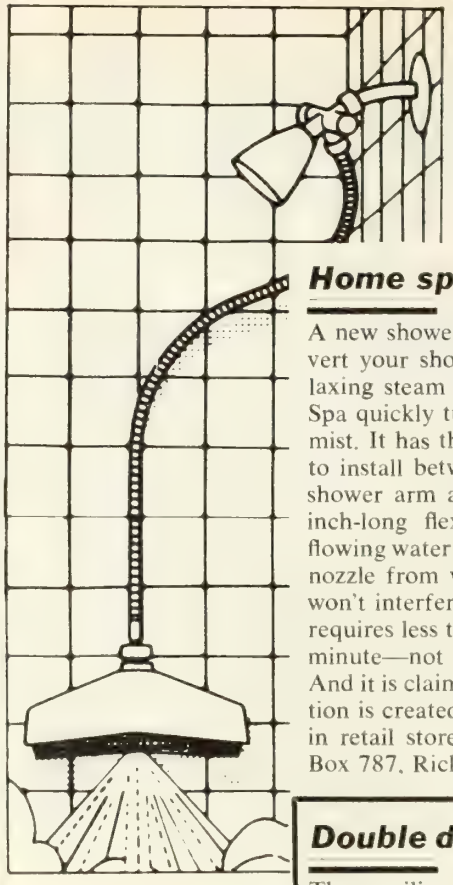
Hold the line



A cordless portable telephone (like a workman's walkie-talkie) is for use outdoors or anywhere within a 2,000-foot range. The Portafone includes a separate electronic base unit you plug into a standard 115-volt outlet and into a telephone jack. The portable phone operates with this base unit by FM radio signals instead of an extension cord connection. It can receive calls from anywhere and has touch tone or rotary dialing to make calls. Battery powered, it has a charger for renewing electrical power while the base unit operates on one antenna; for receiving and transmitting. Hand size, weighs 2 pounds. $595, Hammacher Schlemmer, 147 E. 57th St., New York, N.Y. 10022.

Help at hand

The American Plywood Association issues a number of invaluable booklets for do-it-yourself home owners. Catalog of Plans and Projects, Y630, 50¢, illustrates cabinets, indoor and outdoor furniture ideas. Add-A-Room Design Kit, W-605, $1, gives information on design, construction and research for adding a room, also worksheets. The Plywood How To Book, V-605, $1, is a guide to building with plywood. American Plywood Association, P. O. Box 2277, Tacoma, Wash. 98401.

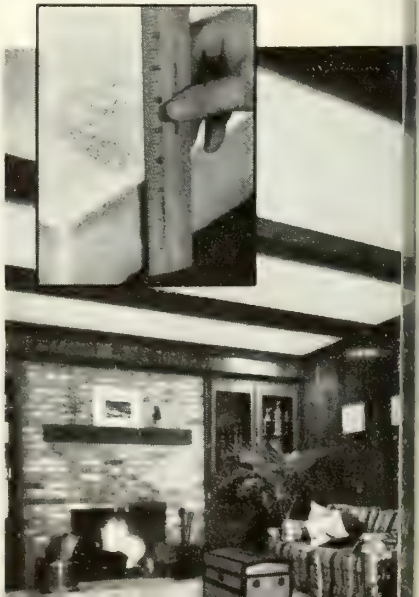


Home spa

A new showerhead attachment can co
vert your shower stall or tub into a
laxing steam bath environment. Insta
Spa quickly turns hot water into stea
mist. It has three parts: a diverter val
to install between any standard ½-in
shower arm and the showerhead; a 3
inch-long flexible metal hose for t
flowing water; the housing unit and spr
nozzle from which the mist emerges.
won't interfere with normal shower u
requires less than a gallon of hot wate
minute—not as much as a shower ba
And it is claimed that no more condens
tion is created than by a shower. $49.
in retail stores. B & M Mfg. Co., P.
Box 787, Richboro, Pa. 18954.

Double duty panels

These ceiling panels combine decorat
finish and insulation in one. The expos
side has a textured vinyl surface a
backing it are 3 inches of Fiberglas
sulation. Well-suited to high gabled
flat ceilings without space for insulati
above, the panels come in three patter
A troweled design, Sculptured, and
pebbly textured Stonebrooke, are 2-by
foot panels. A stucco style, Sanskrit
in 4-foot-square units. Sandy textu
Cobblestone, 4 feet wide and 4, 8, 12
or 16 feet long (room length), is a
made with a 2-inch Fiberglas backi
The panels, said to absorb 85 percent
sound reaching them, can be installed
tween wood beams or on a metal g
system. Owens-Corning Fiberglas Co
Fiberglas Tower, Toledo, Ohio 43659





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The Jenn-Air Grill-Range.

®A Magnificent Cooking Instrument







1. View from Monk's Bridge at Abbey Leix. 2. Taking tea with Sir Glin and Lady Glin. 3. Viewing tweed cloth at Cliffden. 4. Vaulted stables at Castletown.

EBERSTADT

MAKING SUMMER PLANS

Nourish your talents in two weeks of Irish life, architecture, gardens

BY WILLIAM P. RAYNER

It was in early August that our Aer Lingus flight landed on the great green park they call Ireland. For the next fourteen days, my wife who is a decorator, Fred Eberstadt a photographer, and his wife Isabel a writer, and I would buzz about the southwest section of this park in a small 6-cylinder automobile searching out our interests. Each discipline was to be rewarded. For the decorator there is the rich cache of furnishings and period rooms; for the photographer there was the hard north light which pounces on the colors; and for the writer there was that delight in conversation and cozy chats that makes time only an accounting practice. The decorator found great Palladian architecture, housing magnificent Georgian and bog-wood furniture; the photographer found primeval oak forests and lanes covered with fuchsia while the writers were very content to sit back, eat well, and listen to stories about leprechauns and fairy gods who fought ancient battles and performed great deeds. Apart from that, the writers kept notes and here are some. (See map, page 98. Letters A, B, C, etc. in the text correspond to letters on the map.)

Day 1: Dublin

GREAT HOUSES

(A.) Castletown (12 miles west of Dublin in County Kildare): This massive palace was built in the second decade of the 18th century by an Irish politician "Speaker Connolly." It is the finest Palladian house in Ireland and the headquarters of the Irish Georgian Society. It includes a magnificent main hall and staircase with plasterwork by Francini the Italian stuccodore.

(B.) Malahide Castle (9 miles from Dublin in County Dublin): For 800 years it had been the barony of the Talbot family. It is set on 250 acres of demesne and gardens. This castle contains Ireland's best collection of period Irish furniture and art. Open to the public, June, 1978.

OVERNIGHT

We stayed at the Hibernian, 48 Dawson Street, Dublin.

Dublin is perhaps the only capital in the western world where early in the morning a cock may be heard crowing.

Continued on page 98

HOW TO BE A SAVVY WALKER THIS SUMMER

■ One by-product of President Carter's interest in physical fitness is the Kinney Shoe Corporation's public service project called "Walking Tours of America." The only thing that $1 sent to the Kinney Shoe Corporation, Box 5006, New York, N.Y. 10022 doesn't provide is a list of good walking shoes. What you will get by late this spring are 60 pamphlets with maps tracing walks in various cities around the country. These walks take you along the bluffs, on the beach, into the woods, along famous shopping streets, and in front of famous architecture, down residential streets full of restored houses—whatever there is of quality in any given location. A just-long-enough pamphlet text written by a local professor or authority makes a running narration of what you're seeing—a pamphlet fits into a pocket or purse. If you're interested in certain sections of the country say so in your request. For instance, ask for all the pamphlets on Walking the West—16 pamphlets covering 4 states and 14 cities.

QUEBEC CITY: A CORNER OF FRANCE IN NORTH AMERICA BY GERI TROTTA



The Citadel, Quebec City

■ Quebec City, the only walled town in all North America, rises prettily from the banks of the majestic St. Lawrence River—nearly a mile wide there at its narrowest point—in two tiers of lovely old Norman-style houses of indigenous gray stone, enlivened in summer by the rich green of venerable trees, in winter by a white coverlet of snow. At that time, it looks like a little vignette of latter-day France, perfectly preserved in the sort of paperweight one shakes to see snowflakes fall. This enclave is surrounded by a modern city of high-rise hotels and prosperous residential sections.

After just one day of strolling through Quebec City's quiet, shady streets—and this essentially European town is eminently suited to walking—chatting with a few people, many of whom speak English as well as the official French, and especially sitting through the half-hour Diorama ($1.50), a simplified *son-et-lumière* in the Musée du Fort explaining Quebec's history, I had an inkling of the intense Quebecois sense of tradition.

Continued on page 100

SAMSONITE VS. A DRAG



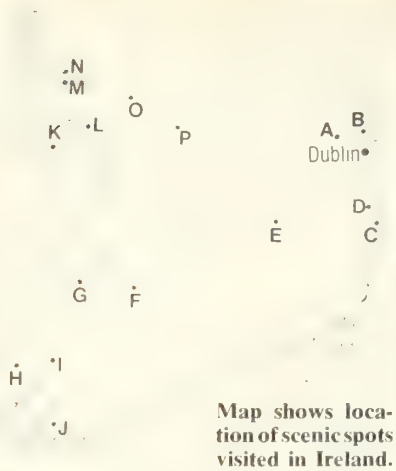
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Sonora. Gets you where you're going, without being a drag. Samsonite®

Samsonite's got your bag.

continued from page 96



Map shows location of scenic spots visited in Ireland.

DINE

Lafayette Grill in the Hibernian. Specialties include rack of lamb and prune ice. There is also a good wine cellar.

Day 2: Dublin

GREAT GARDENS

(C.) Mount Usher (27 miles south of Dublin in County Wicklow): It is one of the great gardens of Ireland, noted for its trees and shrubs from all parts of the world. There is also an outstanding collection of horse-drawn vehicles—well over 50, painstakingly restored.

(D.) Powerscourt (14 miles west of Dublin in County Wicklow): Magnificent terraced gardens, deer park, and a 400-foot waterfall—the highest in Ireland. One of the great showplaces of Europe.

OVERNIGHT

Dublin. See page 100 for hotel list.

DINE

Sachs 19-29 Westhampton Road. Closed Sunday. We ordered kedgeree pâté, sweetbreads vol-au-vent, and filet of sole.

Day 3: Dublin to Adare

GREAT MANORS

(E.) Abbey Leix Manor (In Abbey Leix, 60 miles southwest of Dublin on the main Dublin to Cork road in County Leix): A beautiful Wyatt mansion of 1773 along with a park that includes a fine collection of plants and the last remnant of Ireland's primeval oak forest which shades an earth carpeted in bluebells. Be sure to see King's Garden and note the bridge built by an order of Cistercian monks in the 13th century.

OVERNIGHT

Continue on to Adare

(F.) Adare Manor (10 miles southwest of Limerick in the village of Adare in County Limerick): Adare with its thatched-roofed cottages is perhaps the most beautiful village in Ireland. Adare Manor is a great neo-Gothic mansion on the Maigue River set in a formal park. Of particular interest are the portraits in the long gallery, the rare Dixon bird pictures in the drawing room along with the Canalettos and black and gold 18th-century furniture. See the Great Cedar of Lebanon tree by the river.

OVERNIGHT

Dunraven Arms in Adare. A cozy inn on the main road.

DINE

Dunraven Arms. Food is simple, well served.

Day 4: Adare to Glenbeigh

GREAT FURNITURE

(G.) Glin Castle (Near the village of Glin in County Limerick): The main feature of the interior is the exquisite plasterwork and a remarkable collection of Irish Georgian furniture, Victorian bog-oak furniture, china, Irish mirrors, portraits, watercolors. Visits for groups arranged through The Georgian Society.

OVERNIGHT

Continue to Ard-na-Sidhe on Caragh Lake near Glenbeigh.

DINE

Lunch at the Knights' Tea Room. Drop in at O'Shaughnessy's Pub. Belly up to the bar, order a Guinness, and before long you will be deep in conversation.

Day 5: Glenbeigh

GREAT SCENERY

(H.) Ring of Kerry: We spent the day driving about the Ring of Kerry with its rugged terrain and extraordinary cliffs, which extend 800 feet above the Atlantic. See Brayhead and Macguillycuddy's Reeks. From Brayhead, on a clear day, may be seen the Skellig Islands which during the dark ages housed a monastic order who fled to these inhospitable spits of land to escape the Vikings.

OVERNIGHT

Ard-na-Sidhe. Excellent hotel set in a well-manicured park on Caragh Lake. Tearooms are large, service first-rate.

DINE

Dine the first night at Ard-na-Sidhe and the remaining two at the Towers in Glenbeigh. Ernie Evans, who is the Towers's proprietor, has some of the best food to be found in Ireland. Highly recommended are salmon mousse, tossed scallops in lemon butter, baked plaice mussels à la marinière, and grilled mussels and bacon. Be sure to try the cockles and mussels soup.

Day 6: Glenbeigh

GREAT FUN

(I.) Muckross House and Gardens (3½ miles from Killarney in County Kerry): Of interest are the grounds whose 11,000 acres may be explored on bicycle or in a horse-drawn carriage. The area has some thirty forms of plants, some varieties of which bloom in semisubtropical climate at all times of the year.

(J.) Bantry House (On the outskirts of Bantry, 56 miles southwest of Cork in County Cork): A late Georgian mansion

Continued on page 100



Ireland ... friendly, unspoiled, inviting, exciting. From sightseeing to shopping, from castles to cottages, to the Abbey Theatre. And it's described to perfection in this beautiful 32-page full color book. Take the first step toward a perfect vacation by writing, then see your travel agent.

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Two weeks in Ireland
continued from page 98

with an interesting collection of tapestries, furniture, and china. Behind the house, Italian terraces bloom with camellias, rhododendrons, azaleas, and other plants.

DINE

Lunch at The Purple Heather in Kenmare on the way to Bantry.

Day 7: Glenbeigh to Cashel

GREAT COZINESS

(K.) Cashel (On Cashel Bay County Galway):

OVERNIGHT

Cashel House in Connemara. Pleasant accommodations and a well-run inn. Set in Asian Gardens at the head of Cashel Bay. Mr. and Mrs. McEvilly who trained in Zurich and at the Dorchester Hotel in London are both fine innkeepers. The atmosphere is cozy and relaxed. After this day's drive that's what you want.

DINE

Cashel House specializes in fresh fish and Irish stew. The wine to have is Soave. Order the lemon soufflé for dessert.

Days 8-9: Cashel to Cong

GREAT COMFORT

(L.) Cong (In Connemara County Mayo): Be sure to visit Cong Abbey. Boat on lough. See Stone of Lugna and visit the caves and the salmon hatchery. Ask at hotel for booklet "The Glory of Cong."

OVERNIGHT

Ashford Castle. Set on Lough Corrib, it is a large hotel built on the order of a French château. The accommodations are roomy and comfortable. There is golf, tennis, fishing, horseback riding, and hiking through a 26,000-acre park.

DINE

Ashford Castle

Days 10-11: Cong to Newport

GREAT SPORT

(M.) Westport House and Zoo (In Westport County Mayo): Georgian mansion overlooking Clew Bay with collections of Georgian silver, glass, pictures, and furniture. The park contains a zoo and camping grounds. Some of the finest fishing in Ireland is found near Westport.
(N.) Newport (In County Mayo): Good fishing, shooting, pony trekking, and hiking. Very beautiful rolling countryside.

OVERNIGHT

Newport House. An old Georgian house set in a wooded park just outside Newport on the Black Oak River. Very comfortable.

DINE

Newport House smokes its own salmon, which is excellent. The menu features lobsters, scallops, and fish caught nearby. Also duckling and port. There is a fine wine cellar.

Day 12: Newport to Dublin

GREAT DRIVE

Return to Dublin:
(O.) Tullynally Castle: The castle still survives as a place of residence for the Thomas Pakenhams. This huge Gothic castle has a cozy feeling of being alive and lived in. There is a remarkable library, fascinating Victorian kitchens and laundry, and an atmosphere that retains the feeling of their Regency and Victorian heyday. There are mementos of Wellington, who married a Pakenham, as well as of his brother-in-law, who died fighting Andrew Jackson in New Orleans. It should not be missed.
(P.) Clonalis House (17 miles northwest of Roscommon. 110 miles west of Dublin in County Roscommon): 19th-century country house by O'Conor Don—the descendant of the last high king of Ireland. Fascinating collection of Irish manuscripts, a 5,000-book library and portraits of Gaelic aristocracy and a fine collection of furniture.

OVERNIGHT

On the return we stayed at Buswells, which is small and charming.

DINE

Snaffles 47 Lower Leeson Street, Dublin. Closed Monday. Set in a Georgian style basement, it conveys a clublike atmosphere. The favorite is roasted plover along with a crab and mustard pâté.

Day 13: Dublin

GREAT INTEREST

Trinity College: See Book of Kells and Library.
Zoo in Phoenix Park: See all and give my best to the gorilla.
National Museum of Ireland: See Cross of Cong, Irish Antique Wing, and furniture collection.

OVERNIGHT

Dublin

DINE

Royal Hibernian Hotel. Rôtisserie grilled sole on the bone is recommended.

Day 14

GREAT BIRD

Return home.

There are a number of first class hotels in Dublin from which to choose. Be sure to book all reservations well in advance. The Royal Hibernian (A Star); The Shelborne (A Star); Buswells (B Star); The Gresham (A Star); Jurys (A Star).

WORSHIPER AT BENARES



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ASTROLOGICAL INDIA

Much of that country's spiritual heritage is deeply rooted in Astrological Science. Come and participate and share the rewards of an astrological exercise as practiced in India for over 3,000 years. Well-known, clairvoyant astrologist Ravi Jain will lead our 28-day tour of temples, ashrams and pilgrims centers and introduce us to spiritualists and astrologers. Price of tour $1650 excluding airfare. Please write for brochure or give us the name of your Travel Agent.

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Quebec City
continued from page 96

RESTAURANTS AND SIGHTS

Right on the waterfront, Place Royale, core of North America's oldest city founded in 1608 by Samuel de la Champlain, represents the largest aggregate in this hemisphere of original 17th- and 18th-century houses, currently being tastefully restored. And it is restoration in the best possible sense: The houses are being lived in or put to other good use. One of the town's excellent French restaurants, La Traite Du Roy, whose specialty is Gaspé salmon during its June season and beef Wellington year-round, occupies such a building with a downstairs disco called Meeting, with folksy armchairs ringing the dance floor. In Quebec, even discos tend to be cozy. That also applies to the disco back-to-back with L'Eperlan (The Smelt), a split-level restaurant (run by Hilton in another old house) that makes the most of the first-rate local seafood. Maison des Vins, an authentic old wine cave has become an intriguing wine shop selling an assortment of vintages not usually available. Then, behind its similar gray-stone façade, Brasserie de Mon Oncle Antoine is a simple, naked-brick room with wooden tabletops where people gather from mid-morning to early morning to drink Brador (Golden Arm) beer, peculiar to Quebec and fortified with more alcohol than the law allows elsewhere. Further on, a red-roofed 17th-century house is owned by a family who live upstairs and operate Aux Anciens Canadiens, a restaurant on the street floor. They serve hearty Quebecois standbys such as thick

Continued on page 102

Mexico is a land of attractions. From vibrant, modern metropolises to sleepy seaside villages. From the archeological ruins of great Indian civilizations, to sophisticated swinging resorts, to cities where the colonial past lives on.

Mexico is a land of bargains. Because of the recent peso devaluation, Mexico is the bargain center of America. There are great buys in jewelry, silver, fine arts, fashion, leather goods, furniture and all types of souvenirs.

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soup of whole yellow peas, *tourtière* (hot pork-pie), country plates of grilled salt pork, and, for dessert, *tartine au sucre du pays* (home-made bread smothered in heavy maple syrup and fresh cream). To finish, there's a blueberry wine, typical of Lac St. Jean, sweet as liqueur, concocted up north with the bumper berry crop.

WHERE TO STAY

Symbol of the old city, Château Frontenac, erected in 1892, its steep green-copper roof festooned with fairy-tale turrets and towers, dominates the high ground, Cap Diament, overlooking the river. For all its age, it's still a luxury hotel (with single rooms from about $31 and doubles from about $39, European plan) recently renovated to provide air conditioning in most guest rooms and a basement labyrinth of pubs and shops selling everything from boutique clothes to freshly baked bread. On the ground floor, a mellowed circular bar, all wood and leather, faces the St. Lawrence River and its opposite bank with the town of Levis, which is reached by ferry. From the Château a path leads to a skating rink and Promenade des Gouverneurs, a boardwalk rimming the cliff ending at the Citadel, now one of the city's museums.

THE NEW TOWN

Also on high ground but set farther back from the river, beyond Place du Carnaval, famed for its winter ice castle and snow sculptures, the new town makes a handsome addition with Canadian skyscrapers including three modern hotels: The Quebec Hilton with its fine rooftop restaurant, Auberge Des Gouverneurs with an ingeniously taper-lit cavernlike lobby, and Loew's La Concorde crowned by a revolving restaurant that combines decent food with a panoramic view of the city. The first two hotels are connected underground by an elaborate plaza of smart shops and theatres that make special sense in midwinter. All three hotels have outdoor swimming pools, a variety of good restaurants, a disco or late-night bar and comparable prices: $35 to $70 single; $40 to $80 double, European plan.

Special packages with any of these hotels or Château Frontenac (no swimming pool) are available with plane fare on Air Canada from ten cities in the United States. (All flights connect through Montreal). In winter, ski packages are offered as well, using Quebec City as home base and including daily roundtrip bus fare—about a half-hour to Mont Sainte Anne where you can ski downhill as well as cross-country.

IMPORTANT INFORMATION

Before you go, Tourisme Quebec, Rockefeller Center, 17 West 50th Street, New York, N.Y. 10020; telephone (212) 581-1852 can help you plan your trip.

In Quebec City call the Provincial Tourism Office, 12 Rue Sainte Anne: (418) 643-2280. ■

BOOKLETS
TO HELP YOU PLAN YOUR TRIP

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Ireland and Great Britain: Fifteen tours offered by Aer Lingus, British Airways, and Lynott Tours. Choose from city and theatre tours, farmhouse and country home tours, hotel tours, and special interest tours.

2. Spend a week driving through England and Scotland for as little as $95 plus airfare! "Scotland and England on Wheels"—just one of the fly/drive vacations listed in British Airways/Aer Lingus's **Britain & Ireland on Wheels.**

3. See Ireland for 15 days, from $869 including airfare. **American Express Britain and Ireland '78 Escorted Vacations** are designed for the budget-minded as well as for those who aren't, and offer 15- to 22-day trips to the British Isles.

4. Hotels and Guesthouses—the Irish Tourist Board's official listing—includes information on accommodations in over 200 localities. Maximum prices are given, plus a checklist of facilities and an official Tourist Board rating.

5. Live like a king on a specially planned vacation in ancient Irish castles; indulge in a two-week chauffeured visit to Ireland; or simply relax with your feet up in a small Irish cottage. Aer Lingus's **Ireland and Great Britain: Vacations 1978** gives details.

6. There are a number of reasons why people are **Retiring to Ireland.** Here is information on taxation, acquiring a house, setting up business or industry, health services, useful addresses.

7. The Irish Tourist Board's **Horse Riding Holidays** lists riding centers and events throughout Ireland. See 2,000 horses compete at the Dublin Horse Show in August, or visit in March for fox hunting.

8. You can reach Quebec by car, bus, train, boat, plane, and need no visa. Complete travel information, plus a recipe for maple syrup pie, given in the 60-page booklet, **Quebec: Oui M'sieu (Yessir).**

9. Spend a vacation unwinding on a Quebec farm—**Quebec Farm Vacations: An invitation to escape to the country** gives specifics for a farm vacation any time of the year.

10. The **Quebec Hilton,** with 600 suites and guest rooms, offers fine restaurants, a convenient location, and meeting facilities for 5,500 people.

11. Covered bridges date back to 1805 and were sometimes used for auctions and political rallies as well as a means to cross the river. Take a tour of Quebec's **Covered Bridges** listed in this brochure.

12. Loew's **Le Concorde,** one of Quebec City's newest hotels, has 450 rooms, a heated outdoor pool, 4 restaurants, a marvelous view of the St. Lawrence.

13. Come in winter to Canadian Pacific's **Château Montebello** and enjoy 85 miles of cross-country ski trails, tobogganing, and skating; or, visit in the summertime when you can swim, sail, play tennis or golf, and fish in one of the 35 trout-stocked lakes and streams.

14. Quebec has a host of lakes and rivers filled with everything from speckled trout to Atlantic salmon—no wonder fishing is a prime sport. Discover where to go, and what you can catch, from this bilingual guide **La Pêche Sportive/Sportfishing.**

15. St. Andrews Presbyterian Church, in the walled city of old Quebec, was dedicated in 1810 and remains one of the oldest churches in the city. Services in English every Sunday at 11 A.M.; open daily during July and August.

16. A Visit to Notre-Dame du Cap, between Montreal and Quebec City, tells what to see and know about one of the oldest Canadian churches still in its original form.

17. Golf Quebec lists complete information on more than 200 golf courses in Quebec.

18. Four Winds Americana Rail Cruises Escorted offer the comfort of first-class rail travel, deluxe hotels, and a professional tour guide. Take the "Western Americana" and spend 22 days exploring National Parks, Las Vegas, and the Pacific Coast.

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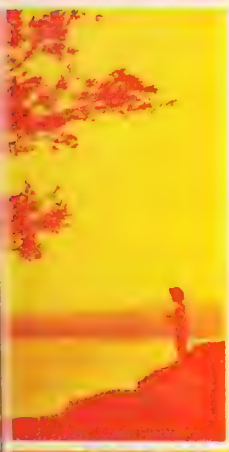




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Of course, if you're a sportsman, you might be combining the historic with the outdoorsy, fishing the Florida Keys or South Carolina's Grand Strand, and playing golf and tennis at such distinguished resorts as Pinehurst and Sapphire Valley in North Carolina, the Grand Hotel at Point Clear, Alabama, or The Cloister at Sea Island, Georgia.

Stroll leisurely through a maze of English and Spanish gardens . . . radiant with roses, dogwoods, azaleas and camellias

Whatever your dream of a springtime vacation, the South has the answer and some welcome surprises.

Many people don't realize, for example, that the Alabama Space and Rocket Center at Huntsville is the world's largest space museum. The Center is a "Please Touch" place, where visitors may explore the world of the astronauts, fire a rocket engine, and touch the Apollo 16 moonship. During 1978, America's newest space craft, the space shuttle *Enterprise*, will be on display.

Huntsville and the Space Center are an exciting introduction to Alabama, a state that gave the world Helen Keller and W. C. Fields (their childhood homes are open to the public), and whose Gulf Coast is noted for clean white beaches. The Grand Hotel, on the Gulf at Point Clear, is one of America's most notable resorts. The hotel's three golf courses skirt the blue waters of Mobile Bay, where guests may swim, fish, water ski, or sail. Mobile, only 20 miles away, is an exciting city in its own right. Its attractions include antebellum homes, the *USS* Alabama, world-famed Bellingrath Gardens, a pari-mutuel dog track and miles of scenic beauty along the famed Azalea Trail.

Alabama's neighbor, Mississippi, beckons you back into the romantic days of the Old South. Although great columned mansions may be seen throughout the state, its proud heritage seems to be summed up in Natchez. This venerable Mississippi River city takes enormous pride in its annual Spring Pilgrimage, during which 30 of the most gracious old homes are open to the public. Similar pilgrimages are held in cities and towns throughout the state.

Like its Southern sisters, Mississippi has an exciting present as well as a proud past. The Gulf Coast boasts more than a dozen excellent golf courses, 100 tennis courts for day and night play, and beautiful stretches of white sand beach. The seafood is superb!

Diamondhead, on the Gulf Coast's highest promontory, is the answer for those who can't tear themselves away. Homes and condominiums are spaced among the oaks, pines and tropical palms. Resort-like amenities for home-

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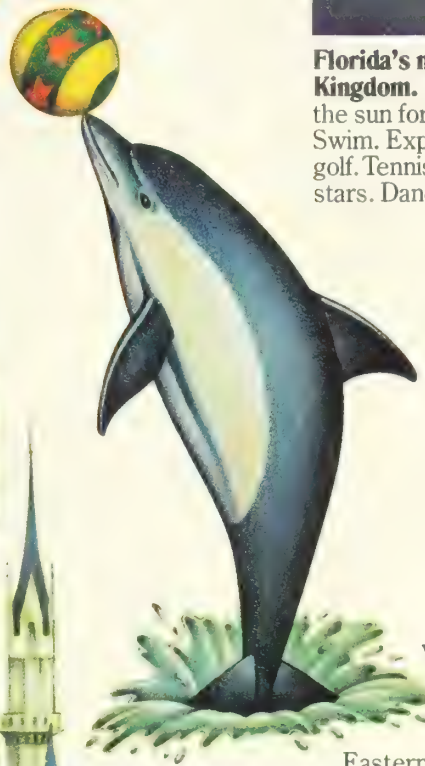
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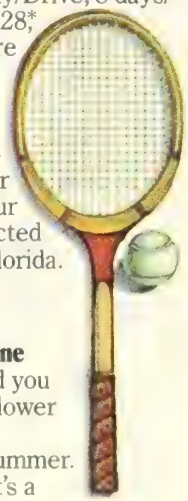
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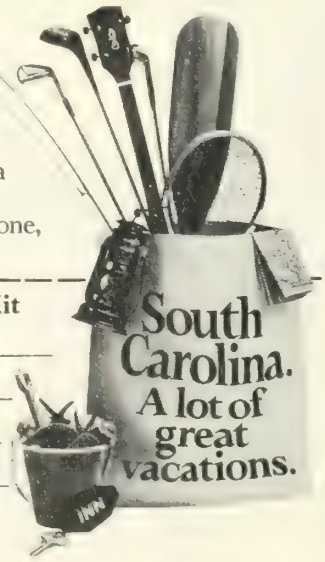
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owners include an 18-hole golf course, swimming and tennis clubs, a riding stable, yacht club and country club for dancing and entertainment.

It's all only 58 miles from New Orleans and the fabulous French Quarter. At this time of year, the madness of Mardi Gras is over, the weather is warm and dry, welcoming you to promenade the quaint old streets and be serenaded by jazz, Dixieland, and the blues. You'll not be in New Orleans long before you're entranced by its Cajun and Creole cuisine. Oysters Rockefeller was invented by a chef at Antoine's who figured its spinach and pernod sauce was as rich as old John D. himself.



Retirees can find beautiful homes and year 'round sunshine

New Orleans is also a city of deluxe hotels. The Monteleone stands at the gateway to the French Quarter, and is one of the city's largest meeting and convention facilities. In January, when the Treasures of King Tutankhamen left the New Orleans Museum of Art, the Monteleone commissioned a porcelain rendering of Tut's death mask which will remain on permanent display in the hotel lobby.

In the heart of the Quarter, the St. Louis Hotel has managed to establish a reputation for graciousness and tranquil surroundings in only six years. When first opened in 1971, the St. Louis's design and commitment to excellence caused normally skeptical Orleanians to immediately accept it as part of their heritage. The small, intimate hotel, has only 67 rooms, all beautifully appointed.

Spring is the ideal time for golf, and courses are plentiful

For a glimpse at a real Louisiana plantation, take the short drive from Canal Street to Longue Vue Gardens. There, you'll stroll leisurely through a maze of English and Spanish gardens, courtyards and fountains, radiant this spring with roses, dogwoods, azaleas and camellias.

Shreveport and Bossier, sister cities in Louisiana's northwest corner, invite guests to dine regally at fine restaurants and night places in historic Shreve Square, or take a chance on the horses at

continued



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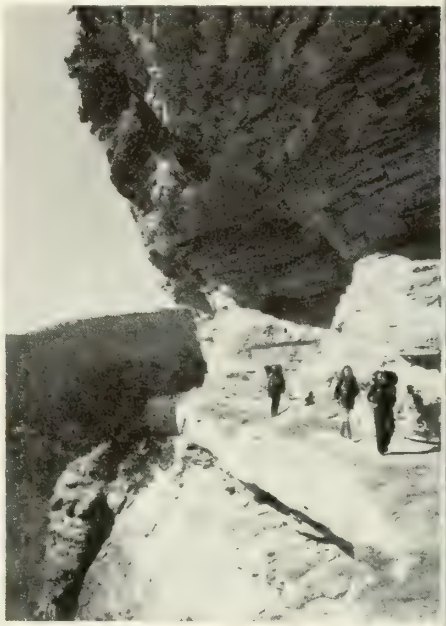
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Louisiana Downs. The nightlife in Bossier is very nearly as lively as in the French Quarter. For an exciting perspective, go to the top of the 34-story State Capitol in Baton Rouge and watch Old Man River sweep past the glowing refineries on his way to the Gulf. Louisiana's fishing grounds are plentifully stocked, and it's hard to come home from the Gulf, the mystery shrouded bayous, or the many lakes and rivers without an impressive catch.

It's little wonder that Arkansas has become a favored destination for outdoor enthusiasts. The rugged Ozark and Ouchita Mountains are blessed with thousands of lakes, streams and white-



Hiking Southern trails—a scenic adventure

water rivers. In early spring, the first hardy rafters set off down the roller-coaster rapids of the Buffalo River. Backpackers are already climbing the trails through pristine forests. At the Ozark Folk Center near Mountain View, visitors may watch craftsmen demonstrate the skills of pioneer craftsmen, and at night sit enthralled as frontier tunes are plucked on the dulcimer, fiddle, guitar and banjo.

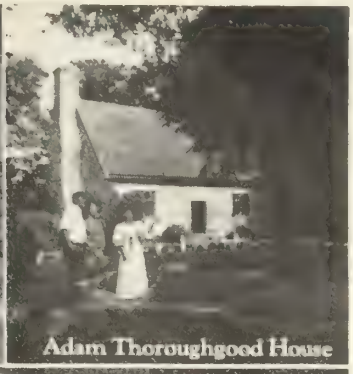
Hot Springs, in west-central Arkansas, owes its fame and name to 47 thermal springs that pump therapeutic waters into the many bathhouses. For the physically rejuvenated, spring is the start of racing season at the Hot Springs track. The Old State Capitol in Little Rock is one of the south's most superb classical structures.

Springtime in Kentucky means the sweet smell of the bluegrass and the excitement of the Derby. Several of the major horse farms near Lexington are open to the public. Kentucky boasts one of the nation's most outstanding state park systems. And whether your choice is the Cumberland Mountains and Daniel Boone Country, or the western lakes region, you'll find comfortable lodges

continued

Virginia invites you to visit the most beautiful homes in America's history.


Mount Vernon


Adam Thoroughgood House


Gunston Hall




Carter's Grove


Monticello






Shirley Plantation



An inside look at the homes where America grew up is just part of the excitement as Virginia welcomes you with open arms and doors and garden gates. And presidential masterpieces like Mount Vernon, Monticello and John Tyler's Sherwood Forest are just the beginning of a beautiful journey into the past.

You can explore America's great indoors along the James River as it flows back to the golden age of the plantation in room after room filled with antiques and memories. At Carter's Grove, "the most beautiful house in America." At Berkeley, where settlers celebrated the first Thanksgiving in 1619. And at Shirley, home of the Hill-Carter family for three centuries and nine generations.

You can visit the oldest brick house in English America, which Adam Thoroughgood built near Norfolk more than 350 years ago. Or you can travel north along the Potomac to Stratford Hall, home of the Lees, and on to George Mason's Gunston Hall. But wherever you go, from Patrick Henry's Red Hill to the Fredericksburg home of Washington's only sister, give yourself time.

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Baltimore, the bustling port of Maryland, is a modern, sophisticated city —the birthplace of our national anthem. Annapolis, the state capital and home of the U. S. Naval Academy, is internationally renowned as a yachting center. The state's third largest city, Hagerstown, located in Western Maryland—an area famous for its Appalachian and Cumberland Trails and the battlefield at Antietam, where the bloodiest, single-day battle of the Civil War was fought. Interspersed among the cities are Maryland's small towns and country roads, all easily accessible from major highways and not to be missed if the flavor of this unique state is to be fully savored.

One could devote weeks to Virginia and not exhaust the Commonwealth's trove of scenic wonders and patriotic shrines. Jamestown, Yorktown, Monticello, Appomattox, Bull Run; Washing-



Luxurious resorts offer all the amenities to family vacationers

n, Jefferson, Lee and Grant. The names e a litany of American heritage. And nat better introduction than Colonial illiamsburg, the lovingly restored co-nial capital, where you can almost hear e ghostly voice of Patrick Henry crying it for liberty in the House of Burgesses. ne tempo of the time is preserved by illed craftsmen forging horseshoes, :aving cloth, and dipping candles just our forefathers did. Williamsburg has number of very modern and charming commodations, and a number of pack-e plans are available for spring visitors nich combine hotels with guided tours.

For a scenic drive that will be long membered, get on the Skyline Drive at ont Royal, Virginia, and continue onto e Blue Ridge Parkway into North Car-na. From this splendid balcony that llows the spine of the Southern Appa-:hians, you'll gaze awestruck across st valleys abloom with rhododendron, gwood and wildflowers of many hues.

Shopping Around features a special section on unique gifts and treasures from the South . . . see pages 198-201

North Carolina bills itself as the "hree-In-One" state, since its western ountains, central Piedmont and Atlan-: coast are three distinctive vacation eas. The blue-green mountains seques-r some of the nation's best run resorts. he village of Cashiers has two. Sapphire alley, centerpieced by white shingled airfield Inn built in 1896, has golf, ten-s, swimming and miles of hiking trails. earby High Hampton Country Club res golfers (and loafers) from near and r. The rustic lodge is the center for ily-activities, from bridge to afternoon a. Fontana Village, set against a mag-ficent mountain backdrop, offers ten-s, horseback riding and other outdoor tivities in the uncommonly fresh air.

Asheville, the hub of western North arolina, is a friendly city with numerous tractions. One of the most popular is ne boyhood home of the novelist Thom-s Wolfe. The city has first class accom-odations and restaurants, as well as eautiful golf courses and tennis courts.

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Fripp Island, down the coast near Beaufort, is for those who want to get away from everything except golf, tennis, sailing and complete relaxation. Fripp has beautiful homesites for sale, and deluxe villas for vacation rental.

South Carolina has mountains, too, and its well-run state park system maintains modern rental cabins in many of the most scenic areas. The Chattooga River of "Deliverance" fame rises in South Carolina and rips headlong down the mountainous border with Georgia. Trips on the whitewater river, with an experienced guide, are available.

Whatever your dream of a springtime vacation, the South has the answer and some welcome surprises

Befitting the region's largest state, Georgia has a stunning variety of scenery. Its northerly Blue Ridge Mountains give way to a central plateau, and finally the sunny coastal islands. Bustling Atlanta is the South's largest city, with smart shops, skyscrapers, nightlife and major league sports. Stone Mountain Park, east of Atlanta, gets its name from the world's largest outcropping of granite (683-feet high), bearing the images of three Confederate heroes. The park also offers visitors a Swiss skylift, an authentic Southern plantation, picnic areas and many other attractions.

Downtown Savannah is a beautifully restored district of flowered parks, fountains, graceful 18th and 19th century townhouses and public buildings. Savannah's restaurants are noted for their seafood delicacies.

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Tennessee is another astonishing, varied state. Memphis, on the Mississippi, holds its annual Cotton Carnival, a week of festivities, every May. Nashville, of course, is Music City, and thousands annually visit Opryland USA, a rollicking musically-themed park that the Grand Old Opry calls home. Gatlinburg, in eastern Tennessee, is the gateway to the Great Smoky Mountains National Park. Chickamauga National Military Park outside Chattanooga is a memorial to thousands of Union and Confederate soldiers who died in one of the Civil War's bloodiest engagements.

There are many Floridas, but one of the most fascinating is the meandering ribbon of islands called the Keys, which culminate in intriguing old Key West, our southernmost city. The weather's tailor-made for vacationers the year 'round. The fishing grounds are among the most productive in the world, literally teeming with pompano, blues, swords, mackerel and sails. The clear waters off the Keys have made this a popular destination for scuba enthusiasts.

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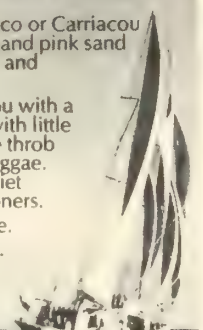
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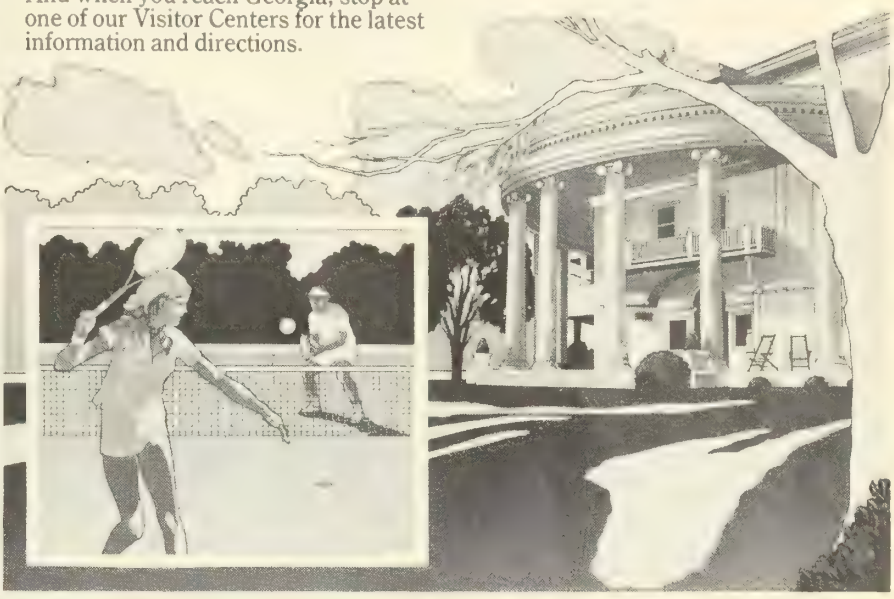
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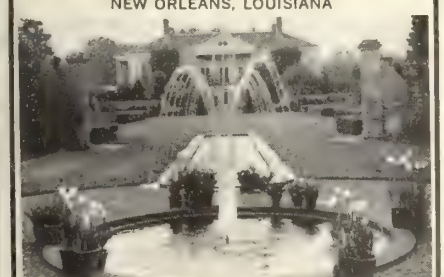
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

GIVE YOURSELF A LIFT WITH color AND nature

.dd color, any color, to a room, and the room wakes p. When that color is alive—a glorious tree, a asket of vibrant cyclamen—the space does more ıan wake up, it springs to life. In this issue, we ather color ideas from art, tradition, and above ll from nature, the richest, simplest, and most rewarding source. Look around and see what plants, what flowers, what colors touch your emotions. Respond. Bring them into your rooms and enjoy what they do for your spirits. Below, 18 interior designers and architects give you some ideas to get you started.

What's a resh way o use color?

)n a floating wall, between the living ıd dining areas of a room, paint the wall ɔttle green. Don't put a thing on it, just ace sculpture in front, wash the bottle ·een surface with recessed lights in the ·iling, both sides." *Fred Cannon, McMil-n, interior designers.*

To **soften a square room with curves,** ıint walls dark brown. Leave a circle of hite on the ceiling (13 feet in diameter a space 14 feet square), and extend the ·own paint to meet the circle. Floor ·peats the graphic; a circle of dusty rose ırpet with a border of dark brown." *John ıladino, interior designer.*

)nly one tone, creamy buttermilk, in a ɔom with a window wall on to a garden. hree fabrics, one ribbed for upholstered ırniture, one textured for walls and ·ilings, one silky for pillows. A creamy ıttermilk carpet. The wall opposite the indows is mirrored, so the greens, ants, and flowers from the garden fill ıe room." *Herb Press, Tom Craig-Press, terior designers.*

)n ceilings, to give warmth and gran-·ur to space. For a living room, camel ·iling with beige tufted linen walls, ·ige carpet. Muted red for a study with ·ay walls." *Sam Botero, interior designer.*

Soft, yummy, ice-cream colors, peach, pricot, lemon, lime,, raspberry, vanilla, all in a bedroom. Peach walls and ceiling and many, many prints, not one used more than once. The rug is linen with squares of all the colors. Very light and airy, but the woods of antique furniture hold the room together." *John Rieck, interior designer.*

"**Surrealistically,** in a space with French doors, Palladian yellow for walls, white ceiling, and a dome painted with trompe l'oeil blue sky and clouds." *Stanley Tigerman, architect.*

"**Bypassing clichés** in subtropical Florida, instead of light colors and flowers, no color—steel and putty, with all the structural elements played up. Interior beams are lacquered cinnabar, capped with steel bolts with polished brass." *Joseph Braswell, interior designer.*

"To **remove the banality of shoebox architecture,** a living room with nine shades of gray, ceiling very light, walls *striéed,* carpet charcoal. Dark gray mirror behind the sofa, gray mirrored screens on either side to the ceiling. The fabrics are gray ribbed velvet, Ultrasuede, one print in shades of gray, black, and white. Color comes in a Chinese rug, like a painting on the floor, and other modern paintings on the walls." *Keith Irvine & Thomas Fleming, interior designers.*

What's the most effective way to use plants and trees?

"**One large tree** in a room is far more important than five little ones, just as one large painting is better than small ones. A tree should be out in the room, so you can sit under it." *Billy Gaylord, interior designer.*

"Have **indoor windowboxes** made to fit the sills, then fill with pebbles and load with plants and flowers. They make a year-round flower garden." *Richard Neas, interior designer.*

"**Stretch a small space with a tall tree** that goes all the way to the ceiling." *Juan Montoya, interior designer.*

"**Create a canopy of green,** growing plants over a dining table." *John Saladino, interior designer.*

"**Use white flowers,** narcissus, azalea, poinsettia, gardenias, to give punctuation in a room full of color. They act like an eye rinse." *Robert Denning, Denning & Fourcade, interior designers.*

"See plant material for its **sculptural potential.** Ivy on a mound of earth, deep green foliage against a concrete wall. Landscape *is* the design of the building. Take money out of the building budget and put it into the landscape." *William Morgan, architect.*

"**Block out a bad view** with lots of plants and trees in front of a window. They add softness and interest. Or you can hang plants instead of shades for privacy." *Noel Jeffrey, interior designer.*

"Trees should **emphasize the style** of a room—in a modern room use cactus or ponytail, or a very bare ficus with leaves just at the top. A sculptural tree for a sculptural room. In a latticed room, choose a leafier plant, maybe a ming tree." *Michael de Santis, interior designer.*

"**Lavender and purple flowering plants or cut flowers** go happily in a space where you wouldn't think of putting lavender pillows." *Bebe Winkler, interior designer.*

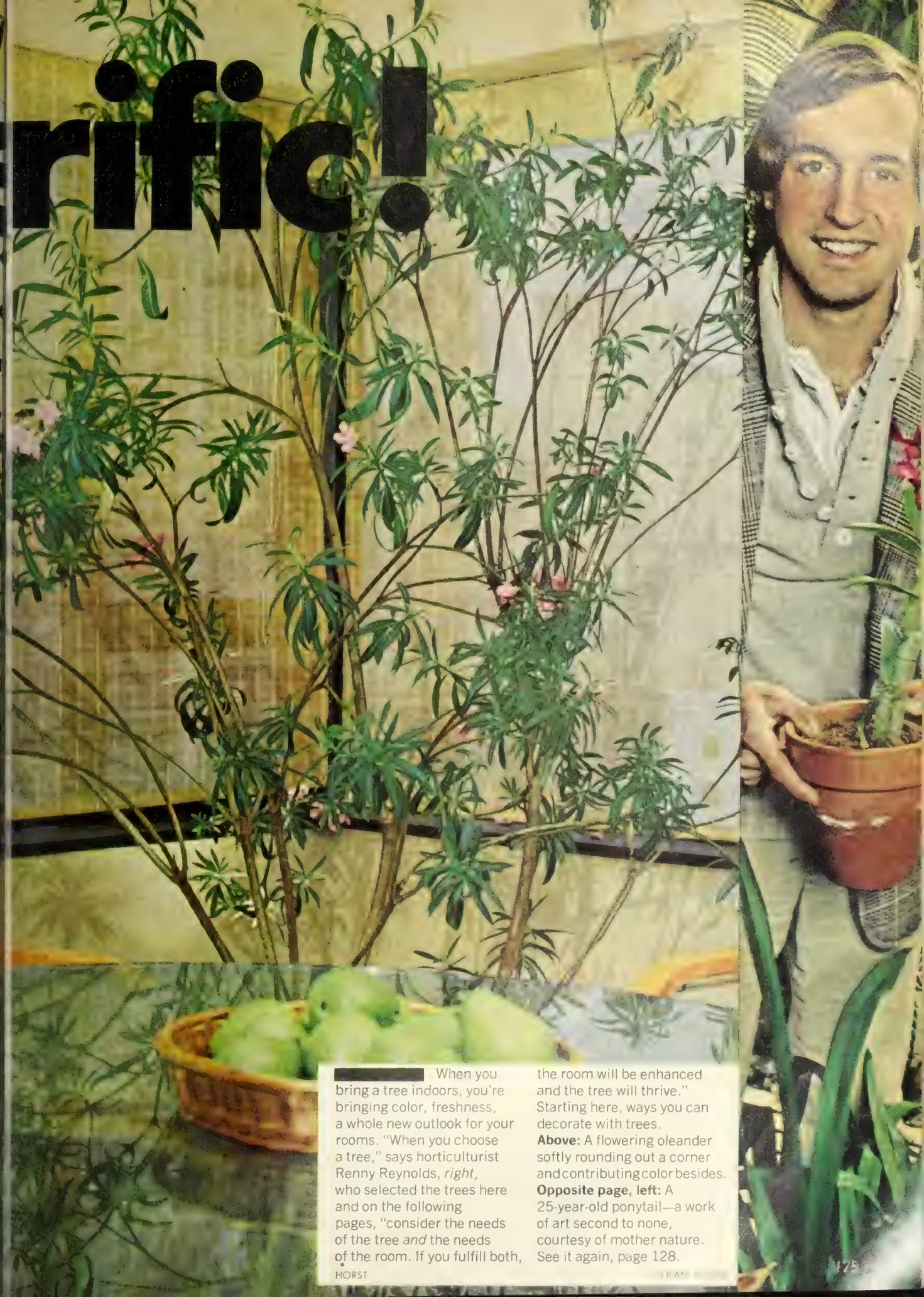
"**Fields of pachysandra and myrtle** radiating from the base of a house in all directions give rich green ground cover throughout the year with no maintenance." *Myron Goldfinger, architect.*



Suddenly, there's a new way to decorate with a green thumb

tree

When you bring in the gre bring it in big— with a noble tree, an exoti tree, a tree with charisma. Starting here, inspiring wa to use trees like art and sculpture, to give your rooms presence as well as l Branch out. When you see what we mean, you'll give tree cheers for decorating



rific!

When you bring a tree indoors, you're bringing color, freshness, a whole new outlook for your rooms. "When you choose a tree," says horticulturist Renny Reynolds, *right*, who selected the trees here and on the following pages, "consider the needs of the tree *and* the needs of the room. If you fulfill both, the room will be enhanced and the tree will thrive." Starting here, ways you can decorate with trees.

Above: A flowering oleander softly rounding out a corner and contributing color besides.

Opposite page, left: A 25-year-old ponytail—a work of art second to none, courtesy of mother nature. See it again, page 128.

HORST

Decorating with a green thumb



There's no mistaking the Oriental influence. Everything in this room—18th-century Japanese screen, low-lying wood and brass tables, Chinese writing table and rug, Chinese cauldron-turned-planter, porcelain deer—contributes to the mildly exotic mood. Even the bamboo tree—"the quintessential Oriental tree," says Renny Reynolds—adds to the atmosphere and filters a lovely light through its mass of tiny leaves. The room's colors were inspired by the screen: gold for the walls' soft sunset wash and the linen used for the sofa and Venetian shades; green for stripes in the Turkish carpeting that covers the ottoman and armchairs. Room designed by MAC II for Bill Blass. HORST



"Let the tree accentuate the look—here, bamboo with Oriental."

BAMBOO *(Bambusa)*, native to Asia. Likes bright light, moist roots, and gentle breezes. Not too fussy about humidity and won't outgrow its container for years. Feed this and all trees on the following pages water-soluble fertilizers in spring and summer.

Decorating with a green thumb



Imagine this room without the trees. It would still have the natural appeal of pale colors, rustic textures, and informal furniture covered in nubby-textured fabrics. But see how the trees turn it into a landscape of nature against a city skyline. "Trees can enhance everything in a room," says Renny Reynolds, who proves his point in this room designed by Merrill Scott for William Silverstein, with a ponytail and two leafy oleanders: While the strict form of the ponytail stands like sculpture in the L-shaped room, free-form oleanders soften long expanse of windows. Stark carpet.

HORST

"In a roomful of naturals, exotic and flowering trees are like sculpture and art"

OLEANDER *(Nerium Oleander)*, a slender-leafed shrub, native to the Mediterranean. Loves a sunny spot and moist soil. Will flower throughout the year. Poisonous if eaten. **PONYTAIL** *(Beaucarnea recurvata)* grows wild in Mexico, likes sun. Allow to dry between waterings.



Decorating with a green thumb



“In a sparsely furnished room a tree is a major force”

FIDDLE-LEAF FIG *(Ficus lyrata)*, has bold leathery leaves, is native to tropical Africa. Mature tree easy to care for with indirect light, moist soil.



Take a strong, simple room, add a tree, and suddenly you've created serenity with a sense of drama. In his living room, designer Albert Hadley wanted a feeling of space: He kept furniture to a minimum, and covered it all in neutral-striped linen that disappears into walls papered in thin off-white stripes; windows are curtainless, the floor and walls bare. Mirror covers the recessed baseboard and cornice moldings, and the ceiling gleams with sky-blue vinyl. Into this ethereal setting, Renny Reynolds brought a fig tree—"Its strong masculine character, backlit here, has the power of a piece of sculpture."

Decorating with a green thumb





"A tree can be subtle — a delicate flavoring for a room full of graceful furniture"

MING ARALIA *(Polyscias fruticosa)*, native to Asia and Polynesia. Likes sun and moisture. May be pruned to enhance its naturally exotic form.

[redacted] Tradition takes naturally to the refreshment of a tree: Here, it's a soft-spoken Ming tree that enhances a quiet association of Oriental and French antiques. "As far as trees go, Ming is very dainty—which makes it feel at home with the furniture in this room," says Renny Reynolds. And see how its lace-like greenery enlivens the room's yellow, which designer Mark Hampton used lavishly for the walls, silk panels in the teak shutters, and the furniture's Indian cotton "that looks like millions of eyelashes all bunched together." Flanking a window, 18th-century Chinese lacquer cabinets.

Decorating with a green thumb



HIBISCUS *(Hibiscus Rosa-sinensis)* is native to China. Rare spiny **CHINESE BOX ORANGE** *(Severinia buxifolia)* is 25-years old. Both need sunshine and moisture.

If you really love trees, look what can happen: "My whole apartment was designed around trees," says Renny Reynolds, whose living room alone has, from left, a Ming tree, a hibiscus, a young flowering maple, and an unusual Chinese box tree. Designers Bob Patino and Vincente Wolf mirrored three walls to fill the room with the illusion of even more trees and then painted the rest of the room a pale flesh color—"a great backdrop for people and plants," according to Mr. Reynolds. Movable furniture by Cy Mann can accommodate tree changes. Stark carpet.

In Mr. Reynolds's bedroom there's a banana tree behind the bed, a variety of plants on its right, and on its left a ponytail and a philodendron in a lacquered basket. To make room for all the trees near the window, the bed was placed on a diagonal. Sisal carpeting, from which the inevitable soil and water spills are easily cleaned, extends to cover bed platform. Shopping information, page 217.

BEADLE



BANANA *(Musa)* won't provide fruit indoors but makes a fast-growing canopy if given bright light—full sun in winter—and lots of water. Use humidifier or frequent misting to duplicate its native East African and Asian homeland.



KENTIA PALM or **SENTRY PALM** *(Howea Forsterana)*, named for Lord Howe Island, Australia, where it was discovered. The ideal potted palm, prefers indirect light, moist soil. **MING ARALIAS** *(Polyscias fruticosa)* need bright light.

A trio of trees can add a whole new dimension to a contemporary room. "I wanted the tree statement to be simple and straightforward but, at the same time, to add softness and character," says Mr. Reynolds, who used two Mings and a palm to underscore the sleek lines of this room designed by Michael de Santis. The palm's leaves and their shadows draw attention to the painting above the sofa; the light green of the Mings' leaves contrast with the dark green lacquered table and the sofa's leather. In addition, their round full forms soften the bold shape of the window rimmed with stainless steel and fitted with bronze plexiglass vertical blinds. The three trees also work together: By arranging them in a triangle, Mr. Reynolds created an architectural element, subtle but deliberate, in a room full of squares. In the background on these two pages, a pleomele tree (P. reflexa).

HORST

"Trees like furniture, can stand alone or in groups, but they should always be arranged for impact and balance."

100 EASY DECO color

Just what you need to liven up your winter decorating: more than a hundred good ideas with paint, paper, fabrics, furniture, plants, and mirror—all quick, inexpensive, and simple to do yourself.

PATTERN WITH PAINT

● *If you love the look of a monochrome wall but crave a little variety, try painting vertical bands of one color, alternating flat and glossy finishes. Or, for a small room, you might paint a horizontal belt of a color one shade darker or lighter than the room. Ideas contributed by designer John Saladino.*



● *For roll-on wall pattern, meet the new roller with a raised soft-rubber pattern. Comes with floral, woodgrain, and marble-like reliefs. For a catalogue, write to Designer Paint Supply Company, P.O. Box 757, Silver Spring, Md.*

A LITTLE COLOR THAT GOES A LONG WAY

● In a white room, paint or paper the inside of a niche. You can have a solid jewel color, a big romantic floral, or maybe even trompe l'oeil clouds.

● Try lining the insides of kitchen cabinets and doors with color or pattern—a flash of color in a serene exterior.

● You've just rented an apartment, and everything's perfect—except the color of the bathroom tile. Are you stuck with it? Not necessarily. Two good tub and tile paints are Nu-Tile Epoxy Spray Enamel (15 colors) and Klenk's Epoxy Enamel Tub and Tile Finish (6 colors). Both are easy to use, dry overnight, and give a tough, glossy finish.

● Bands of paint can stand in for moldings around doorways and windows, unadorned fireplace openings, and archways. To make a straight stripe, use masking tape.

● Or, if you prefer fabric and paper to paint, frame everything with one striking wallpaper border or a crude-looking natural hemp gimp.

● If your hall is white, paint the doors something else—sky blue, maybe, or chocolate.

Do it with Durries—Those good-looking, sturdy, lightweight, hand-woven rugs from India make striking upholstery, bedspreads, and pillow covers. Or, for a terrific floor show, sew a few together to make one knockout of a rug. You can get a durrie for as little as $20 for a 3½-by-6-foot rug.



REFLECT ON MIRRORS

● To frame a fireplace or a row of windows ● To back shelves for a through-the-looking-glass look ● As cornice molding, up and down the corners of a room, behind a group of plants ● Or try an interesting mirror alternative: Mylar. It comes in sheets, and can be applied with glue or staples. You might cover a bedroom ceiling, flush wood shutters, or the bathroom wall.

TIE IT, YOU'LL LIKE IT

Pale quilted cushions tied on dark chair seats and backs for a fresh, summery look.



FOR A WALL, TRY THE PUNCH OF A QUILT, RUG, OR BIG BEAUTIFUL PIECE OF FABRIC STRETCHED ON A FRAME

WINDOW TREATS

● Something new to do with bambo and matchstick blinds: Stencil border of leaves and flowers.

● Try clear acrylic rods as curtai poles: You can get them at a plastic supply house, cement ball finials on th ends.

● Give window shades a fresh outlook by adding gros-grain ribbon.

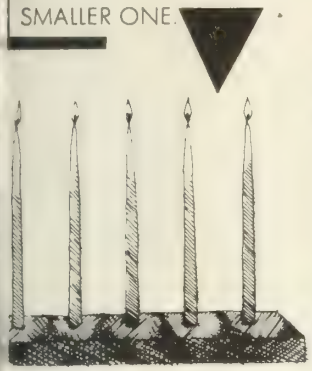
● If you like the light control of goo old-fashioned Venetian blinds, but wish they weren't so old-fashioned, conside replacing them with newer, narrowe blinds in a bold color. Levolor Lorent zen makes its Riviera blinds in 60 color and about a dozen patterns.

● A trio of tiebacks, all made with rib bon: Twist two colors into a spiral braid three, or stitch a narrow ribbo onto a wider one.

● New no-sew window idea: Swag on long piece of fabric over brackets hooks, or tieback rosettes at the uppe corners of the window frame. You'l need a length of fabric equal to tw window heights, one width, plus an ex tra yard. Idea from Harry Schule an Ned Marshall.

RATING IDEAS

LIGHT UP YOUR TABLE WITH A DO-IT-YOURSELF STRIP CANDLEHOLDER. DRILL CANDLE-SIZE HOLES AT 4-INCH INTERVALS ALONG A 1-BY-4-INCH BOARD. YOU COULD HAVE A STRIPE OF LIGHT DOWN THE CENTER OF A LONG TABLE, OR A SQUARE OR OCTAGON IN THE CENTER OF A SMALLER ONE.



DURELL GODFREY

KEEP IT IN SUSPENSE

● *Instead of pegboard, wood strips—painted, papered, stained to blend right into your room. Hung vertically or horizontally (with screws) and studded with screw-in hooks, they hold long neat rows of utensils. In corners, use triangular shelves on corner brackets for plants or cleaning equipment.*

● *Use baskets for bread or fruit—and when they're not in use, hang them on the wall: They're easy-to-care-for, look terrific, and are right there when you need them.*

● *Never waste a kitchen beam. Hang plants or pots from the ceiling.*



● **If you like to use sheets as party tablecloths, wait 'til you see some of the new bold colors. From Cannon, for instance, there's Chocolate, Birch Grey, Bright Pink, Hyacinth Blue, Burgundy, Bright Lime, Turquoise, Gold, and Lipstick. All have white trim, so you can make tailored napkins from the remnants.**

● **Here's a find for change-your-mind placemats: Clear plastic foam-backed envelopes into which you slide fabric, wallpaper, wrapping paper. Cases are less than $3 at paint, hardware, and department stores.**

.ENDID STAIRS to
dden your ascent
leedlepoint a runner
'aint stripes—one
r each edge, like a
ntowel ● Wallpaper,
Mylar, the risers ●
ncil a pattern all over



FURNITURE ON WHEELS

Even a 6-foot-high bookcase can make life easier when you make it mobile. And so can chairs and ottomans, file cabinets, parsons tables, tall chests of drawers. You can add casters (chair legs may need shortening), or buy furniture ready to roll.

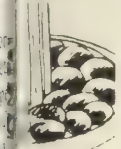
One-track storage: Run a book box (two 10-inch shelves 10 inches apart) around the walls about 2 feet off the floor. Idea by John Saladino. Recycled storage: Scour flea markets and junk shops for old soda crates, milk crates, spool cabinets, post-office pigeonholes, and dentist, doctor, or lawyer's cabinets. Paint or stain them and use as files or spice racks.

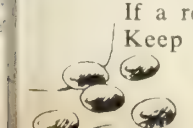
For more easy decorating, see page 222

nature



ss up
pot
n
bles





A baster draws off excess water

PLAN FOR PLANTS

Some tips from the new House & Garden book, *Decorating with Plants* (Pantheon, May, 1978)

If you're building or remodeling, discuss plants with your architect, contractor, and decorator. Installing ceiling lights or power and water outlets is easier, earlier.

A simple dining cart laden with small plants can give you a garden on wheels, handy for rolling to light sources.

Pebbles in a watertight tray under a pot are a good way to boost humidity in a sunny area or in any house where watering must be a weekend matter. A canister lid or pizza pan makes a simple and practical plant tray.

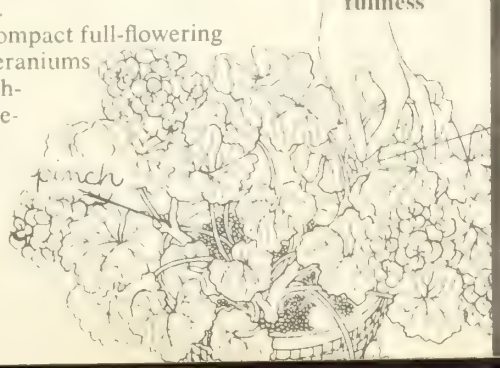
Catch the sun—every way you can. If a room is dark, paint it white. Keep windows sparkling clean. Wash off plant leaves so city grime or country dust can't screen out light. Use mirrors or aluminized plastic mirrors to bounce light from walls to plants.

Small plants look best and do better if grouped together. As each adds moisture to the air, they raise each other's humidity level.

Seal the bottom of clay pots with clear nail polish to be sure they're moisture-proof.

The secret of compact full-flowering begonias and geraniums is to pinch-pinch-pinch without remorse, to make each growing tip produce not one but many flowers.

Pinch above nodes to encourage flowers and fullness

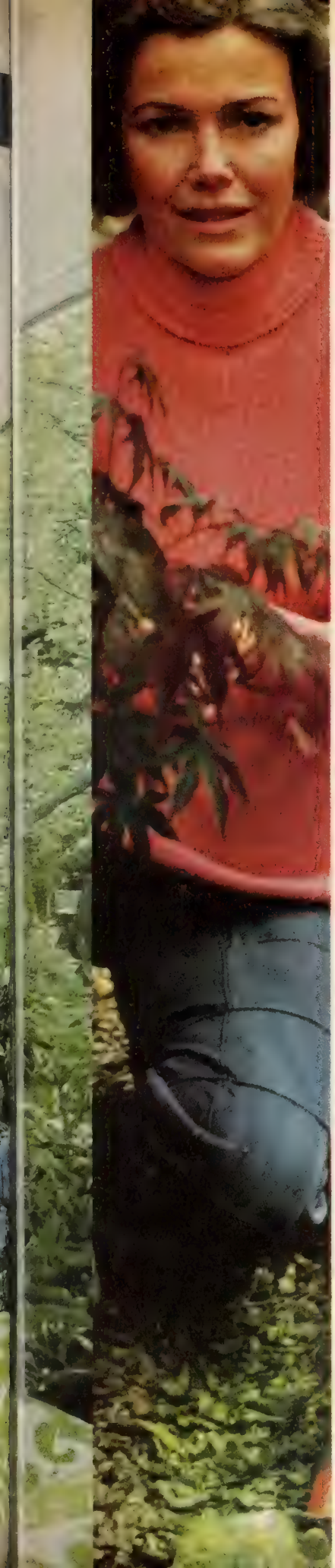


Decorating with a green thumb

Living in a garde

How a passion for flowers and plants can inspire decorating all through the house







BEATLE

About half a century old, five rooms long, and one room wide, this little house was found a few years ago, dozing like the Sleeping Beauty in a Connecticut forest. Today, the Beauty has been awakened — with the kiss of hard work — to year-round springtime

Capturing springtime is a matter of interior bloom. Mr. and Mrs. Harry J. Doyle, who live in this summer-winter garden, asked their decorator, J. Peter Heerin, to give them every flower color that exists between April and autumn. In summer, the windows—uncurtained except in the bedroom—wrap house in green. In winter, they have a Christmas-card view of birds in the snow. To insure green all year, a porch was glassed in to become a greenhouse visible from living and dining rooms.

Far left: Living room and specially designed rug. **Left:** Mrs. Doyle, who is landscape designer Melisande Congdon-Doyle of Country Gardens. **Above:** Dining room opens to greenhouse-atrium. **Right:** Stone steps descending to fieldstone patio.





If there *is* such a thing, the Doyles' house is an ingoing-outgoer. The outdoors comes in, the interior goes out —plants grow on both sides of the bathroom walls, the bedroom is colored like a flower. Nature's and man's two worlds are mortised with strategy, love, and wit



Pink must be one of nature's favorite colors, and it certainly is one of Mrs. Doyle's. The master bedroom is a glory of pinks: Walls, bedcover, and curtains are of matching pink and white paper and fabric. Their plaid accents are intensified by white woodwork, a white shag rug, and a white-lacquered wicker chair. Pink roses and tulips, narcissi and lilies bloom in a Japanese rock garden outside. In the bathroom, an English tub was already in the house; the Doyles added plants to make the room a greenhouse. Interior design, J. Peter Heerin; landscape design, Melisande Congdon-Doyle.

Right: Master bath. When plants need soaking they go right into the cedar-cased tub.
Above and left: Master bedroom with a tall 18th-century French hat cupboard in the corner.









You can outline an iris or give rise to a rose with raised zigzag stitching on appliquéd pillows. "Each pillow is a picture," says designer Tricia Guild, who fashions them from cutouts of her own fabric designs and stitches them up with a zigzag sewing machine. "Machine work is now accepted as an art," she says, and her glorious pillows prove the point. Her fabric, sold in Europe at her seven Designers Guild shops, is available in the United States through Brunschwig. All it takes to make your own stitch-textured pillow is to layer fabric cutouts in a pleasing arrangement and sew them together. Highlight designs with machine embroidery around and inside the appliquéd pieces, using a closely spaced zigzag stitch and contrasting threads. For complete pillow-making instructions, please turn to page 80. For shopping information, see page 217. (See Tricia Guild's own house, "The Lively Romantic," House & Garden, November 1977.)

Left: Designer Tricia Guild at work in her London office.
Right: A garden of flowering pillows surrounded by their natural namesakes.
BEADLE

Flowers by design

You can zigzag a bouquet of easy appliquéd pillows and fill your decorating with home-sewn romance





A rush of roses

Even if you garden only on weekends, you can grow glorious roses—and more of them—in ways you never thought of

How can ordinary rosebushes grow 9-foot canes covered with blooms? What kind of magic makes climbing roses romp over walls, tree trunks, rocks? Artist Peter Hewitt is the wizard of roses who created a romantic corner of his native England in Connecticut. One of his secrets: To bend rose canes out from the base, tie them horizontally to 3-foot stakes. "New stems shoot up, because the plants want to grow skyward. The more horizontally they grow, the more flowers." Weekends, in spring and summer, he waters, feeds, and sprays in two steps. He gives each rose 2 gallons of water, with 2 teaspoons food (Miracle Grow). He sprays with a mixture of 2 gallons water, 2 tablespoons fungicide (Phaltan), 2 teaspoons insecticide (Sevin), plus an extra teaspoon of food for the leaves. He prunes only in spring to remove winter-kill, and when he snips bouquets for city friends, he cuts just above a 5-part leaf to encourage new growth. More on roses, page 84.



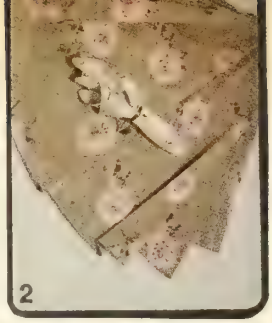
1. "New Dawn" roses clamber to roof and around windows. Snap-in mullions in standard windows made builder's house an English cottage.
2. "Madame Pierre Oger," pegged to grow horizontally, grows plumper, produces more blossoms.
3. "American Beauty" circles column at edge of terrace.
4. "City of York" in crevices of cliffs has snowy petals; pink "Betty Prior" is 9 feet across, blooms May to December.
5. "Queen Elizabeth" climbs a tree with help of Peter Hewitt's eyescrews and twine. Pierced plastic under roots channels food to rose, not tree.
6. "Frau Karl Druschki," an exuberance of white blossoms, arches toward a supporting tree.





1

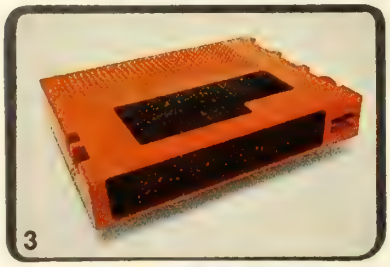
1. Rounded chaise in pale Peach Blush velvet etched with tiny herringbone. By Angelo Donghia for Kroehler.



2

Shell tablecloth, white napkins, Elisa Daggs.

4. American Beauty lamp: Real Red melamine plastic. Ambienti.



3

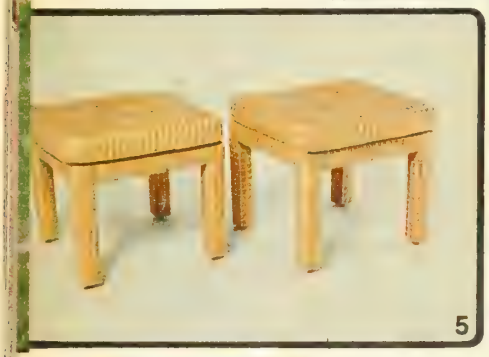
3. Real Red computer clock radio can be a stopwatch; alarm needs no resetting. AM/FM. Weltron.



4

7. Rustic rattan armchair cushioned in Real Red. Baker.

JOSHUA GREENE



5



6



7

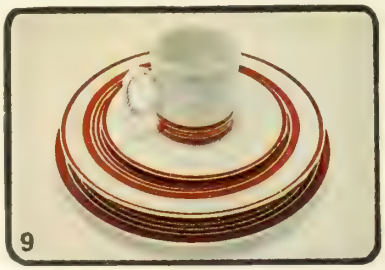
5. Graph paper squares on tufted Creamy Apricot benches. Founders.

6. Fabrics and wallcoverings by Waverly, & Vice Versa, James Seeman, Thibaut, and Groundworks.



8

8. Roses in Limoges: five limited-edition porcelain boxes. "Old Garden Roses," American Horticultural Society.



9

9. Rosy rings on bright white china. Toscany.

11. A "Bed of Roses"—sheets by Carleton Varney for St. Mary's.

10. Pale blue blossoms sprinkled on Creamy Apricot chintz—92 inch sofa with four plump throw pillows. Lee Industries.



10

Shopping information, page 217.

Furniture, fabrics, and finds for the house, coming up all over in House & Garden's

romantic roses

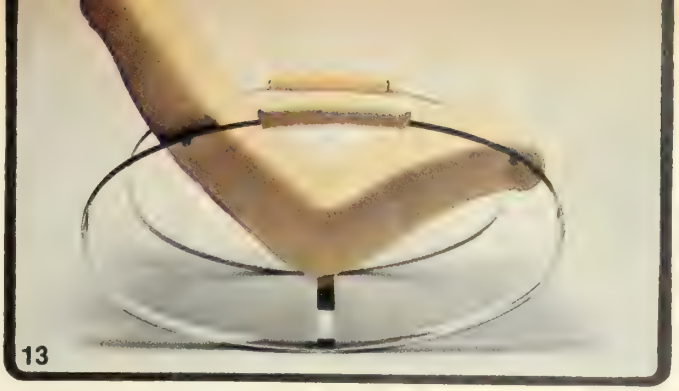


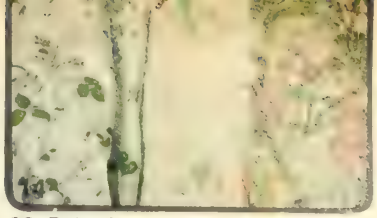
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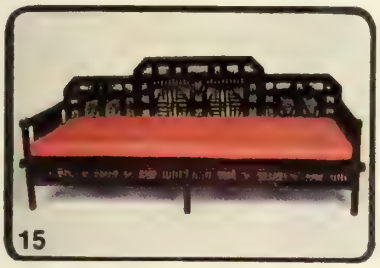


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13. Relax in a chromed oval rocker—canvas covering of Creamy Apricot. HTB Contemporary Designs. **14.** Wild roses and irises blooming on fabrics and wallcoverings—a romantic trio in cotton, vinyl, Dacron. Greeff, Thibaut, Bloomcraft. **17.** Be prepared with Real Red cross first-aid center, movable plastic partitions. Alan Spigelman. **18.** Geranium lacquered spice box on dark fruitwood base to lock away treasures and keepsakes. Chrome hardware. Erwin Lambeth.

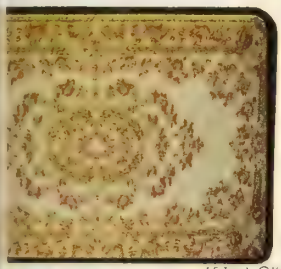

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16. A garden of colored sheets, with ruffled pillowcases. Martex. **19.** Exotic all-wool roses on "Golden Aubusson" rug. Karastan.



TET . J OKUHARA


20

20. Vines and stripes of Real Red and blue on a Pink Pink loveseat 56 in. long. Lee. **21.** For roses on your table, pale pink and gray "Royal Garden" china. Royal Worcester.


21


22

26. Rose-rimmed glasses: Real Red edging for highballs and old-fashioneds. Taitu for Keith Smith.

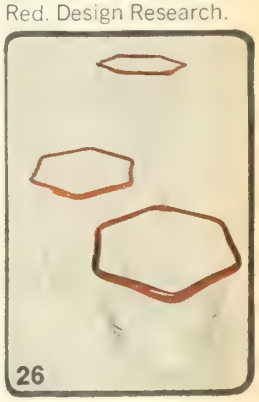

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24

24. Real Red lacquered chinoiserie chest, brass trim, hand-painted design. Inside, a drawer and shelf. 3 ft. high. White. **23.** 18th-century-style cherry wood wing chair dressed in linen-weave Geranium flecked in white. Southwood. **27.** Curves and corners to mix and match—sectional group in Creamy Apricot velvet netted in white, white lacquer tables. Charlton.


25

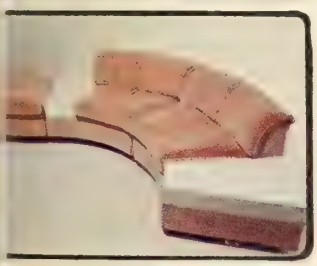
25. Flip-top file in Real Red. Design Research.


26


29

29. Vinyl wallcoverings and glazed chintz grown in Pineapple, Peach Blush, and Geranium. Prints by Bassett McNab, James Seeman Studios, Charles Barone.

30. Rolling chair and ottoman in wool. Erwin Lambeth.




28

28. Easy grip lidded pitcher in Geranium plastic. Copco.


30



"There should be a balance between the American assumption that there is no problem that cannot be solved and the older attitude which says, 'take me as I am'"

HERBERT HENDIN



"Unless you practice homework you can have the best theory of self-improvement in the world and it won't work"

ALBERT ELLIS



"If people would accept their limitations then they would find life much more endurable"

HERBERT HOLT



"I believe in growth and change and doing and learning more things. That's self-improvement"

MILDRED NEWMAN



"You can't get more out of a book than you are willing to bring to it. If you know more and are an open person, you will get more out of it than others"

BERNARD BERKOWITZ



"Our possibilities are infinite, and we can always improve ourselves, especially as life becomes more and more complicated"

SILVANO ARIETI

Doctors speak out on self-improvement and self-help books, and help you decide what's right for you

By Caroline Seebohm

Are you doing what you want t do? Do you feel good abou yourself? Are you as efficien as you ought to be? Do you wish yo were getting more out of life? Do yo sometimes feel you are out of control?

These questions are flying aroun everywhere these days. It seems peopl are in a crisis of self-doubt. They jus don't feel they are up to scratch. The feel there's something in the corner o the sardine can that they can't get at. glance at the titles of recent best-seller proves the universal preoccupation wit self-improvement: *Looking Out fo Number 1, Your Erroneous Zones, Whe I Say No I Feel Guilty, the Last Chanc Diet, I'm O.K. You're O.K., The Yo That Could Be, Maximum Performance* and so forth.

Various therapy movements across th country also claim to help people becom more energetic, more successful, mor alive. Est, Arica, the Moonies, all in the individual ways provide a structural belie system for people who feel that the lives are going nowhere and are search ing for new models of living to whic they may aspire.

Judging by this mass evidence, Amer cans are eager to embrace self-improve ment, in whatever package it is offere But whether self-improvement can actu ally *help* you is another question entirel What precisely do you get from a sel help book? How much self-improvemen do you really need? Is it not possible tha you are made *more* anxious by the con stant stream of finger-wagging expert who imply you are in terrible shape? Wh really knows what your individua problems are, anyway?

Doctors themselves have begun to as these questions, as they grow increasing aware of the spread of the self-improve ment movement. In a precedent-settin symposium held at the 1977 America Psychological Assocation convention, group of distinguished psychologists di cussed "Non-prescription therapies: d it-yourself treatments," with particula emphasis on the possible abuse of se help behavioral programs. Professo Hans H. Strupp, of Vanderbilt Universit in summing it up, suggested that man people seeking "growth" actually suff from more or less severe person problems that have little chance of bein helped in the way that they hope or a promised. "In short," he declared, "huma beings, as we know, have a remarkab capacity for deceiving themselves, fo hiding problems from themselves an others, and for asserting that the proble is of a certain kind when it really something very different."

The doctors at the meeting called o their profession "to educate the publ on the subject of realism and feasibili in the area of personality and behavio change." House & Garden has no

s self-improvement 'eally good for you?

rought together six experts, with special nterest in this field, to speak out about ne need for self-improvement, whether is justified, how effective self-help books re, and whether working at self-improvement can really help you lead a happier, ıller life.

Dr. Herbert Holt (Dr. Holt is a sychiatrist in private practice in New ork City. He is also Dean of the Westhester Institute for Counseling and herapy in Rye, N.Y., and a Fellow of the merican Academy of Psychoanalysis.)r. Holt is the author of *Free to be Good r Bad* (Evans), which he subtitles, "An nti Self-Improvement Book.")

"Self-improvement is based on a delu-on. The delusion essentially is that eople are perfect. Once you believe iat you should be perfect, you naturally valuate men and women from the point f view of pure perfection, not how they eally are. It is an illusion, as well as a elusion, reinforced by Hollywood, by rticles, and books, in which everyone inks that he or she has godlike qualities. nd when people look at a woman they ompare her with an ideal instead of omparing her with other women in xistence, thus giving false comparisons.

"For example, an elderly lady I know as invited to a dance by a friend. She as raised children, written many books, nd is a distinguished psychiatrist. She as only one problem—arthritis—and ad to wear special shoes to the dance. t the dance, as she sat with her friend, woman colleague came along, who was ery elegant, with a wonderful figure, nd who danced divinely. This colleague sked her friend to dance. She watched iem whirling around and became very ad as she compared herself to this ounger, attractive colleague. Then it hit er: Why should I compare my bad feaıres with her good ones? Why don't I ompare the fact that I have raised hildren who are doing well in life, that ve written books, and have a distinuished career, whereas this lady can laim none of these things? So let's comare my achievements with hers. And om that moment on she felt better. And hen the friend came back, he said to er, 'You know, I only danced with her ecause she was your friend.'

"There are many cultural, economic, nd social reasons why people have the lusion that they must improve themelves. In America, you find women looking in the mirror with a concept in their minds of how they ought to look, and, of course, in reality they never live up to this ideal. A beautiful girl will come into my office believing she is ugly because she identifies with her ugly thoughts.

"People also feel that in order to be a person they must be *liked*. For example, if you do not have your identity fully established, you constantly say, 'Will my friends like me? Does my husband like me?' You are anxious all the time about not being liked, never learning that you should accept yourself as a person with assets and limitations. This is why so many people seek self-improvement—which proves nothing except the need to live up to standards which are idealistic or false.

"For example, certain speaking accents in our society are approved, and some are not. I have a German accent, and since the World War was against Germany, my accent was not approved in those days. When I came to this country, everybody told me I should lose my accent. Yet when I heard all the other accents around—Boston, Southern, Midwestern, and so forth—I liked mine best, so in spite of the pressure, I kept it. That kind of a decision takes a strong sense of your own identity.

"I'm not against improvement in the sense, for instance, that a pianist wants to become a better pianist, or a person wants to improve his or her garden. That is not improvement, that is just living. I'm not against excellence. I am against the abuse of the word 'self-improvement.' The assumption in our society is that all your troubles will go away if you change your nose or lose 30 pounds. I have patients who did all that and still feel depressed and miserable. Their aspirations are built on false comparisons of what society expects, and do not touch on the real sources of happiness or fulfilment. If people would accept their limitations then they would find life much more endurable. I don't think anybody has to be improved; I think they only have to become themselves."

Dr. Herbert Hendin (Dr. Hendin is Director of Psychosocial Studies at the Center for Policy Research in New York, and Visiting Professor of Psychiatry at New York Medical College. His most recent book is *The Age of Sensation* (Norton). He is currently completing a book entitled *Signals of Stress: The Psychosocial Dimension.*)



"Meet Mr. Lewis. He doesn't meditate, either."

"We should feel encouraged by our determination to continue the search for self-knowledge and enlightenment"
SILVANO ARIETI

"To some extent we have been a culture in which character could shape destiny. People were less trapped by circumstances than in most other places in the world, so they naturally came to feel that they should be able to accomplish almost anything by improving their own character or personality. The belief in self-improvement through character development, dating back to Benjamin Franklin, was the natural outgrowth of such feelings.

"But today there seems to be a desperation about many of our self-improvement efforts that probably reflects how people feel about their lives. The search for solutions through astrology, gurus, or est—for something or someone to tell us in some authoritative way how to live or to tell us that our fate lies in the stars—suggests that people today have much less confidence in their ability to shape their lives or their futures in ways that will satisfy them.

"On the other side of the coin lies self-help through manipulation or role playing. Eric Berne's *Games People Play* was the forerunner of many of the popular

Continued from page 108



"When you shock a contemporary room with bold color, you give it a special vitality"



Evangeline Merrill

Any room that's large enough to hold a 20-by-40-foot swimming pool with space to spare for living and entertaining requires special treatment. "It needs a lot of color to liven it up and give it warmth," says Charles Merrill, who, with his wife, Evangeline, spiced up the room's original blue, white, and yellow with a whole palette of primary colors; green for the walls, yellow for the curtains, valance, and one sofa; royal blue and red for the others. "The colors give the room energy," says Mr. Merrill. The pool made blue by underwater lights is the same color as the indoor/outdoor carpeting that surrounds it. Indirect fluorescent lighting recessed under the ceiling gives the whole room an even, shadowless glow.



Charles Merrill

Above: The 35-by-75-foot room before the color transformation.

Right: Afterwards, bright colors everywhere —a wonderful background for art. Over the pool, a ceramic wind chime by Juanita May moves with water that trickles down from a fountain hidden in the ceiling beam. On the end wall, paintings by Alexander Liberman, Luis LeBrocquy, Barbara Mortimer. All sculpture by Alexander Liberman.

Colorpower: 3 spirited makeovers

Change the colo

TOM YEE


change the look



2 "Used abundantly, red is the warmest, most flattering color there is"

Walking into this room is like walking into a time machine: It takes you right back to the 19th century, to a time when decorating was plush and full of creature comforts. "I love Victorian decorating," says Françoise de la Renta, who adopted the style for her own living room. "It makes everyone feel and look wonderful." While the de la Rentas were gathering all the velvets and taffetas, the small tufted chairs and stools, the *Orientaliste* paintings, and all the needlepoint and silk damask pillows, their living room was an ivory colored background for a mother-of-pearl secretary, wicker made in Santo Domingo. As soon as they found the lush green and red carpeting on a trip to Paris, the de la Rentas began some serious decorating. The walls above the chair rails were covered with flocked red velvet; the walls below and the window and cornice moldings were marbelized in gradations of green. Into this luxurious background they brought their collection of small-scale furniture —"you can move everything around as you please," says Françoise de la Renta. It's all covered in voluptuous fabrics in rich colors. With lighting mostly from picture lights, firelight, and candlelight, the room is "romantic and comfortable even when there's just the two of us."



Oscar de la Renta



Françoise de la Renta

Above: The living room "before we decided how we really wanted to do it."
Right: The finished living room with a borne—a round French salon seat with a backrest—covered in cherry silk damask.
Right insert: At the far end of the room, a Coromandel cabinet and a bronze deer.



Change the color, change the look



3 "For an apartment floating in the sky, blue can make a room very inviting"

When you move into an apartment in a just-finished modern building and are faced with coloring a room from top to bottom, it's not always a simple matter of picking your favorite color and using it everywhere. "I've always wanted a red room," says theatrical producer Frank Milton. "But, at the last minute, I decided against doing the living room red because, for me, it's too intense a color to live with all the time. Maybe if I had a guest room or a den . . ." With the help of designer Richard Hare, Mr. Milton settled on blue, a soft, flattering color that enhances all the antiques he's collected over the years. First the cement floor was covered with a handsome wood parquet stained dark to absorb light, and the structural beam was mirrored to blend into the wallful of floor-to-ceiling glass. The chimney breast with its Louis XVI mantel was added for focus and architectural interest—"I wanted to draw attention away from the windows and into the room itself," says Mr. Hare. A carved wood cornice trims the walls, all covered with striated linen velvet. The same fabric was used for curtains, banquettes, and the sofa. To warm the allover blue, Mr. Milton added touches of gold—in the needlepoint rug, the Louis XVI open armchairs, covered in satin brocade, the French bracket clock on the mirrored beam, the guilded mirror over the mantel, on the glass-topped table (its base is a Louis XV daybed), the bronze lion, and candelabra.



Frank Milton



Above: The living room, pre move-in, with parquet floor not yet stained; the structural beam unmirrored.

Right: The living room, dressed like a blue-and-gold French drawing room.

Right insert: In the dining area, green damask to cover the walls, the table, and the 19th-century Empire chairs.

HORST



What kind of house does an architect build himse

One big friendly



This is a house to lift the spirit. With soaring space inside, and house-high windows that bathe it in light, it is unfailingly lively and cheerful. Architect-owner Donald Chapell says the plan was "shaped like an outstretched palm seeking the sun." He built it one room deep, spread it out, bent the end wings, used two-story south-facing windows. On the north side, too, wall-wide windows are floor to roof, so rooms gain light from two sides and overlook East Hampton woodland site.

Above: Welcoming the sun, the south side of the house is largely insulating glass to light and warm all rooms.
Top, right: Entire rear of house with broad parallel deck.
Right: Some friends on deck.

TOM YEE SUSAN WOOD


pace
Where light
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ongenial living

One big friendly space

Take the bridge to the bedroom, open panels to let spaces flow, have a party on a night-lit deck





2



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4

A dramatic house indoors, it's a stunning background for people and movement. The 17-foot-high living room is half the house's volume; at either end (connected by a sweeping bridge balcony overhead) dining and bedroom wings open wide, creating one huge space for living and entertaining. A tall Texan, Mr. Chapell likes spaciousness, sunlight, and openness. "Whichever room I'm in, I like to feel the whole house around me, not be locked in a corner." He also appreciates privacy—his bedroom, the ground-floor guest room-sitting room, and the work room-study upstairs can all be closed off with panels. For sparkle at night, the underside of the bridge is edged with a row of 7½-watt incandescent red bulbs. And there is constant surprise in light patterns as the sun moves overhead. How many houses let daylight come in so beguilingly from *four* sides?

Continued on page 219

1. Two-story living room with built-in seating, winding stair, spotlights.
2. Dining room—blond wood on white.
3. Kitchen, handy to outdoor deck.
4. Master bedroom overlooks living room, can also be closed off.
Left: Bridge crosses living room between bedroom and study (see plan, *above*).

Building facts, page 217

TOM YEE

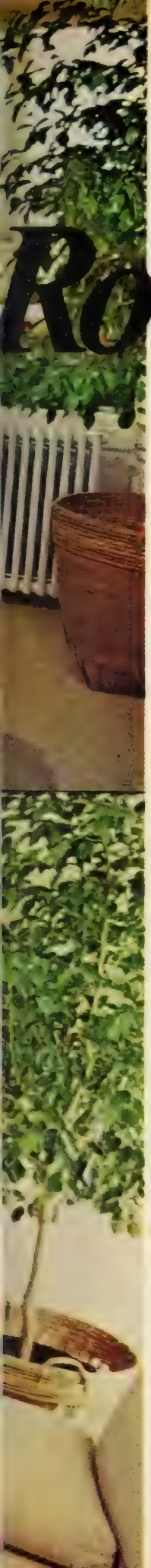




Double-duty decorating in a tiny apartment full of space-expanding ideas

Rooms that live twice

WILLIAM P. STEELE





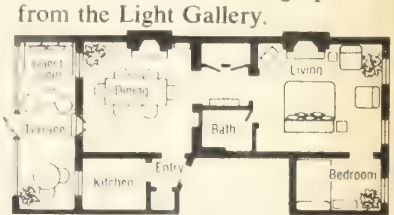








What do you do when you have three tiny rooms and so much furniture it clutters your life? This Greenwich Village floor-through apartment had two working fireplaces and lots of charm but was woefully short on space. So its young owners, Ingrid and Lee Drotman, decided to sell their heavy antique furniture and start fresh, following a clever new plan given them by their friends, designers Bob Patino and Vincent Wolf. Step one was to create a background that stayed in the background: one color—cream perked with a hint of peach—and one carpet was run throughout. Blinds (matchstick) and furniture (wicker and canvas) were kept as simple as possible. Step two was to make everything do multiple duty. In the front room, only 14 by 14 feet, one overscaled table—an 8-by-3½-foot piece of polished butcher block on two sawhorses—and chairs, have the surprising effect of making the small space seem larger. Now twelve people can comfortably sit down for dinner, and the table has held a buffet for 30 with ease. It's also a sewing and makeup center, and an oblong "round table" for friends who like to gather there. During the day the back room, *bottom left*, is for sitting, with sofa backed up against file cabinets that store clothes. At night, cover slips off to reveal a bed. Canvas slipper chairs glide about on casters. A tiny porch off kitchen is for breakfast or guests. Even the art is flexible: a theatrical light spotlights a blank canvas for a "painting" whose color changes with substitution of gels. An inspiration from Patino/Wolf Assoc. Photographs from the Light Gallery.



Left, top: Dining table set for six. Above, light art: a blank canvas spotlit with red. **Left, bottom:** Sofa, a mattress, pillows propped against files. **Above: 1.** Porch as breakfast room: Ingrid hands Lee coffee. **2.** "Painting" lit with white. **3.** Canvas-covered mattress. **4.** Industrial mirror adds sparkle. **5.** Ingrid and dining table at work. Shopping information, page 217.













"When you live in one room you can use all the space all the time." That's one good reason to make a maxi-sized room out of two small apartments, as writer Suzanne Slesin did. An environment of khaki-color, Ozite-carpeted platforms and partitions defines areas for sleeping, working, cooking, and dining. Partitions kept low don't stop the eye. Platforms raise people to selected views, conceal radiators, create the impression of floor-to-ceiling windows. And for Suzanne, who can't bear to part with a magazine, plenty of storage was provided by architect Douglas Kahn and interior designer Stephanie Mallis—under platforms, in partitions, and even built into what look like ceiling beams.

Right: Sculptural environment. Paintings by Gregoire Muller, Janet Fish, John Button. Kitchen on right.
Above: Platform cushions fit on the floor to form bed.
1. Suzanne in her study cove.
2. Sleeping area: recessed mattress, Don Moulton fiberglass apple.
3. Dining pit: Marble-topped table encircled by banquettes.
4. Guests populate platforms at every level.

Living on the leve



Step up to platform living—the new way to eat, sleep, work, and entertain all in one room

TOM YEE

LONDON



How to fall in lov

A lively young woman tells how to cook for pleasure from the moment you begin

"ANYTHING YOU DO CAN BE SIMPLE AND ENJOYABLE, BUT STILL THE VERY BEST."

This is Judith Ets-Hokin, founder of a cooking school and cookware shop in San Francisco, and cookbook author. She lives as you'd expect a passionate cook to live—with a wonderful working kitchen (designed with the help of Aaron Jones), a garden right outside with fresh vegetables and herbs (landscaped by Max Schardt), and a house of enthusiastic eaters—her husband, hair stylist Peter Esser, and their joint families of 5 children. Her philosophy of cooking combines quality—the best equipment and ingredients—with simplicity. "The more I cook, the more I appreciate and enjoy the very simplest dishes," she says. "What is better than a crisp, sweet lettuce picked fresh from the garden?" Her kitchen, *right*, is basically white—"Food and cookware are colorful enough."

Left: In the garden, Judith Ets-Hokin picks zucchini blossoms to fry. **Right:** In the kitchen, white tile enhances copper and aluminum cookware. Natural pine floor, heavily varnished. Outside the windows, the vegetable garden.

RUSSELL MACMASTERS

with cooking



How to fall in love with cooking

"LEARNING TO DO NEW THINGS ENHANCES YOUR ENJOYMENT OF LIFE"





"Everyone has to eat. It's a basic sensuous pleasure." This is what Judith Ets-Hokin teaches in her classes—that good cooking is a creative act. That is why she insists on fresh ingredients, unprocessed food: "See what a wonderful experience a bowl of freshly ground almonds is." After a hard day at the shop, dinner at home is what she most looks forward to. "It is the pleasurable experience of the day, when we relax together over a meal." Her meals are delicious, and simple, such as the family dinner here, *right*. Garnishings just as simple: "If you roast pork in rosemary to serve cold, add a sprig of rosemary on the plate and that's all." For more of her ideas about cooking, see page 58.

Top: The garden, terraced to be visible from the kitchen.
Left: Lunch on the patio, with a view over San Francisco Bay.
Opposite page: Judith Ets-Hokin's home-grown family dinner of fried zucchini blossoms, Pastitsio (macaroni with lamb), salad, and fresh strawberry tart. Recipes, page 66.

RUSSELL MACMASTERS

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Elegant. Sophisticated. Yummy. Vandermint.

THE MINTED CHOCOLATE LIQUEUR IMPORTED FROM HOLLAND. ABOUT $12 A BOTTLE.

Self-improvement
continued from page 149

self-help trends. It rests on the premise that for most people any kind of spontaneous, genuine relationship is impossible. The presumed way to deal with this dilemma is to manipulate people. Since manipulation in this view is what life is all about, people must be taught to do it more effectively. No one denies that a certain amount of manipulation may be required in life. But to make it the cornerstone of life and to build a whole way of living on top of it is a little frightening.

"Play-acting different roles for different situations in order to achieve this end is the inevitable result. Our contemporary preoccupation with "identity" is the result of such role playing. People who are in touch with how they feel about things and are operating in accordance with what they feel, *know* who they are. People who are forever acting would find it hard to avoid what we call today an identity crisis.

"The change in the psychosocial climate is reflected in the way in which individualism has changed in our culture to egocentrism. Cultivating egocentrism, or a "me first" attitude, in the name of self-improvement does not help the individual and surely works against social cohesiveness. There should be a balance between the American assumption that there is no problem that cannot be solved, and the other, European attitude which says, 'take me as I am.'

"Many of the modern self-help movements cater to those tendencies in people that are expressions of our problems—our tendency to treat ourselves as actors and others as audiences to be played to or manipulated, our inclination to separate sex from life and treat it as a matter of technique, our tendency to treat life as a series of disconnected experiences or sensations. Self-help catering to these tendencies is therapeutic in the sense that one could consider roulette a treatment for greed."

Dr. Silvano Arieti (Dr. Arieti, a New York psychiatrist, won the 1975 National Book Award in science for his *Interpretation of Schizophrenia.* He is also coauthor with his son James of *Love Can Be Found.* He recently wrote a review of do-it-yourself therapy books for *Psychology Today.*)

"Self-help has a long tradition in America, starting from the time of the Pilgrims, when people lived in an environment where they had to be carpenters, physicians, everything.

"We no longer live in pioneer times, but we still feel the need for improvement. Since the time of Freud, emphasis in

Continued on page 188

Opposite page: Small Italian eggplants cut in a checkerboard pattern and the cuts stuffed with a mixture of parsley, basil, and garlic. From a story on easy, hearty Italian country cooking. For recipes please turn to page 184.

WINE & FOOD



GOOD-LOOKING COOKING

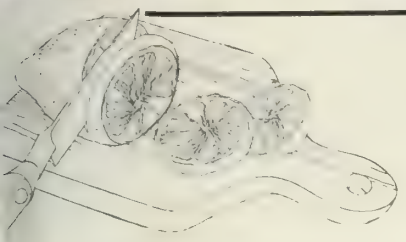
Tiny herbed eggplants and other beautiful, easy food

id Massey


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Lemon aid

50 ideas for adding tang to a dish with a squeeze of lemon—this very special fruit, indispensable to any good cook



"We cannot imagine our kitchens without a basket of lemons on the window sill," say Doris Tobias and Mary Merris, authors of *The Golden Lemon* to be published in April by Atheneum. "They are often the mainstay of a memorable recipe and can elevate an ordinary dish into something sublime." Here are a host of ideas from the book for using a squeeze of lemon to add piquancy to everything from soups to desserts, plus five-star recipes.

Getting the best from a lemon

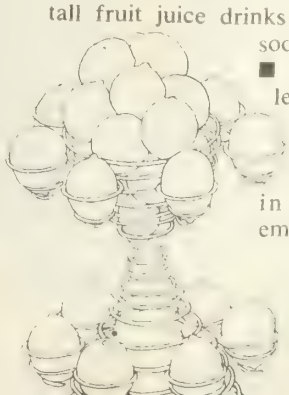
The best lemons for juice and pulp are the small, round, or oval ones, with smooth, unblemished skins. The smaller lemons tend to have fewer seeds, but this is really a matter of chance. Should seeds show up, they must always be removed.

Store lemons at room temperature in an airy basket if you are going to use them within a few days, because you obtain more juice from a lemon that is not cold. However, if you intend to keep the lemons for some time, they must be refrigerated. Immerse refrigerated lemons in hot water for a few minutes before using to extract the maximum amount of juice.

The best way to get lemon peel, or zest, which is the same thing, off without the bitter, white pith that lies between the skin and the pulp is to use a potato peeler. When grating, be careful also not to include the pith.

Quick ideas

- Squeeze fresh lemon juice over sautéed zucchini just before serving.
- Sprinkle sautéed carrot rounds with grated lemon rind and grated onion.
- Drizzle fresh lemon juice over eggs that have been scrambled with a bit of garlic; smother with chopped Italian parsley.
- Keep a mandoline slicer for wafer-thin lemon slices.
- Stud a whole lemon with cloves and tie with a blue velvet ribbon for a pomander ball.
- Keep a crock of lemon butter in the refrigerator, ready to sauce fresh vegetables, fish, or poached chicken breasts.
- Mix grated lemon peel with finely minced parsley and garlic and sprinkle over veal shanks, sautéed veal scallops, or broiled filet mignon.
- Rub the cut side of a lemon half over eggshell surfaces before boiling to avoid cracking.
- Add 1 tablespoon finely grated lemon peel, 2 teaspoons fresh lemon juice, and 2 tablespoons confectioners sugar to a pint of whipped sweet cream. Serve over warm crêpes.
- Rub a bunch of fresh parsley or mint leaves with some lemon peel between your palms after slicing garlic or onions.
- Drop a lemon wedge into simmering, homemade tomato sauce for pasta.
- Throw in a cut lemon half when cooking cauliflower to keep it white and eliminate odors.
- Make your own lemon jelly. Put in French hinged jars and wrap with blue tissue paper and yellow ribbons for gifts.
- Make lemon chutney. Spoon into small glass jars with cork closures. Make pretty labels and give away as presents.
- Keep a jar of lemon butterscotch sauce in the refrigerator for fruits and ice cream.
- Pile lemons in a shallow, handwoven basket and spike with white daisies for a centerpiece.
- Tie lemon halves in a cheesecloth bag when serving fish or other dishes to avoid pits.
- Serve a lemon wedge with vichyssoise. It does things for it.
- Place thick strips of lemon peel in a warm oven for a few minutes to dispel unwanted odors.
- Freeze lemonade ice cubes. Add to tall fruit juice drinks or Campari and soda.
- Do buy a good lemon juicer, such as a French wood cone or corrugated cone in a bowl. In an emergency, squeeze a lemon half around the tines of a fork.



DURRELL GODFREY

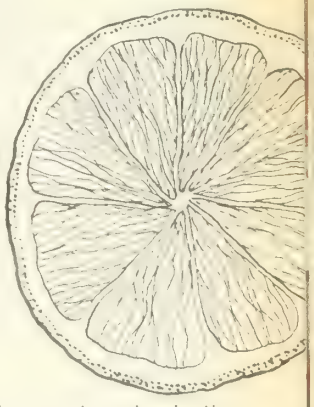
Lemon-dill potatoes

☐ Boil 12 new potatoes, peeled, in a covered saucepan in lots of water until tender, about 30 minutes. Test with a fork. Drain, and pour 3 tablespoons lemon juice over the potatoes, turning them gently so each has a brief soaking in the juice. Pour off the lemon juice, add 4 tablespoons butter, and toss carefully so the potatoes are well coated. Place in a serving dish and sprinkle 6 tablespoons fresh dill over all. Serves 4.

Lemon butter

☐ Add freshly ground white pepper to taste and 4-5 tablespoons lemon juice to ½ pound softened butter and beat until well blended and smooth. Turn into a lidded crock or jar and refrigerate. Keeps 1 week. Or, shape the butter into a roll, wrap in freezer wrap and place in freezer. To use, slice off amount needed, rewrap, and replace in freezer.

Lemon jelly



INGREDIENTS

6 lemons, peeled and sliced
2 cups apples, peeled, cored, and diced
¾ cup sugar for each cup of juice

METHOD

☐ Place lemon slices and apples in the bottom of a saucepan. Press down with a large spoon so that the juices are released. If the juices do not cover the fruit, add a little water. Bring the fruit mixture slowly to a boil and cook until the fruit is soft.

☐ Put into a damp jelly bag—cheesecloth shaped into a bag—and let the fruit drip into a bowl. Measure ¾ cup sugar for each cup of juice. Discard pulp.

☐ Place juice and sugar in a saucepan. Stir until dissolved and then cook, uncovered, over medium-low heat until the jelly sheets from a spoon. The jelly may still be somewhat runny, but it jells very quickly as it cools. Makes about 1½ cups.

Continued on page 178

GOOD-LOOKING COOKING



The whole family puts up the tomato crop



Huge pans of baby sole, and zucchini and tomatoes



Seafood salad of squid and shrimp with herbs



Baskets and baskets of sun-ripe plum tomatoes



Flattened veal lined with omelette and prosciutto



Veal roll wrapped, tied, ready for the cooking pot



oes are put through a vegetable mill



fish marinated in lemon, grilled with peppers



cooled and sliced—perfect for picnics



Candida Rispoli sorting the tomato crop

From Italy with style

Bountiful, beautiful country food from a cook who measures in eggshells, pinches, and fists, and never throws anything away

By Naomi Barry

Peasant is not a pejorative word. *Pays,* French. *Paese,* Italian. To be called a countryman became derogatory only because in medieval times, the peasant was attached to the land in contrast to the noble who had free riding mobility.

Peasants and those who grew up in peasant culture eat better than almost anybody else. They have an intimate knowledge of all the edibles that lie about —pungent grasses, wild mushrooms, mussels, snails. An old Tuscan saying goes "Don't let the peasants know how good is the pear with the cheese." The intimation is that the aristocratic town dwellers finally caught on and didn't want to be deprived of such rustic delicacies as the best pears with the best cheese.

Jean Cocteau's definition of art was achieving the maximum with the minimum. Peasants being traditionally short of money were obliged to make the most out of what they had at hand. Over the centuries, they developed enormous know-how. Their savoir-faire is a treasury of wealth and wisdom for anyone in budget distress.

Whenever I need to stretch with style, I turn to the recipes of Candida because there is no spirit of poverty in them. Food from her work-rough hands tantalizes in taste, aroma, appearance. The basic simple goodness is never contrived yet the cost is so controlled it becomes a miracle of home economy.

I do not think I could cope with a life as hard as Candida's. She works in the

Continued on page 184

DAVID MASSEY

The art of good eating

Inventive food like green tomato tart, pear and potato compote, and huckleberry mousse, from a painter who loves to cook

Inspiration for cooking comes from many sources for a painter-caterer and cooking-school teacher. "When I begin to think about how a completed dish should look, I think about what Salvador Dali would do—as in his cookbook. It should be something that stretches you, pushes you." Bread is cut with scissors and pulled into branchlike shapes and christened Matisse bread. Six-minute eggs are served in nests of shredded carrot. From wide-ranging cookbook reading comes inspiration like the combination of boiled potatoes and fresh pears, both sliced and served in a compote with cream and grapes. Mrs. Peter Adams of Portland, Oregon, who runs Carol Adams Cooking, a cooking school and catering service, thinks of herself as a colorist when she paints. Her strong feelings carry over to the colors, textures, and shapes of foods. "Half the fun of cooking is to have the finished product look pretty, but it shouldn't be fussy." Carol Adams entertains frequently on weekends for lunch. "People relax at lunch, settle down and enjoy themselves." She enjoys the whole process of entertaining—"It's like a chain reaction from the shopping for the freshest, best things you can find, to the chopping, cooking, and to the rewards of having the dishes look right and sharing them with friends." Carol Adams cooks the night before and in the morning for a lunch—"I don't want people in the kitchen while I cook, and I like to be part of the party, so I do what I can ahead." Recipes, page 187.

WEEKEND LUNCH FOR 8-12

Six-minute eggs with pesto mayonnaise
Green tomato quiche
Pear and potato salad
Seasonal vegetable antipasto
Matisse bread with homemade butter
Huckleberry maple mousse



Right: Carol Adams in her kitchen. **1.** Living room with one of Mrs. Adams's acrylic paintings opens onto a sunroom where 10-year-old jade trees live. **2.** Six-minute eggs—firm whites and slightly runny yolks—rest in nests of shredded carrot and pesto-flavored mayonnaise. **3.** Sliced pears and potato bathed in cream with a color garnish of grapes. **4.** A big batch of vegetables cooked lightly and marinated overnight. **5.** Large green tomato tart feeds a crowd. **6.** Wild huckleberries flavor a frozen mousse. **7.** Buffet ready to be enjoyed with Peter Adams's own Pinot Noir made from vines he planted.













WINE & FOOD

Desserts with a dash of spirit

By Jane Ellis

Quick desserts that go together in a flash. Fruits, fresh, frozen and canned, combined with complementary liqueurs, custards flavored with wines, and fruit and creamy ices that are a breeze to make

■ Dried fruits for a compote can be zipped up if they're macerated in madeira.

Sliced fresh pineapple is improved with a sprinkling of kirsch. From Maurice Moore-Betty, cooking school teacher.

■ Serve sliced strawberries with a whipped cream flavored with B & B.

■ Add a licorice liqueur to a mixed fruit salad. Two good ones, sambuca and an anisette such as Marie Brizard. Lace mandarin oranges with crème de menthe.

■ Sprinkle a grapefruit half with sugar, dot with butter, and broil until sugar caramelizes. Serve with a dash of chartreuse.

■ Serve peeled, sliced mangoes with a little Amaretto di Saronno.

■ Drain canned apricot halves, sprinkle with a little Southern Comfort, and marinate. Serve with vanilla ice cream and a scattering of pistachio nuts.

■ Pour ginger brandy on grapefruit and broil. From Julie Dannenbaum, cooking school teacher.

■ Add a little Grand Marnier to the custard for a crème brulée as they do at The Box Tree restaurant in New York.

■ Splash crème de cassis over lemon sherbet.

■ Beat Triple Sec into lemon sherbet, garnish with shredded coconut, serve in lemon shells. From Jean Morel, owner of L'Hostellerie Bressane in Hillsdale, N.Y.

■ Instant dessert and a good way to finish a glass of Burgundy: Use it for dunking a madeleine or dry biscuit. From Robert Balzer, wine writer.

■ Break ladyfingers and soak in kirsch or rum, garnish with candied fruit. Serve with ice cream. From Peter Sichel, wine writer and importer.

■ Scoop out pulp from an orange and blend in a food processor with ice cream and Grand Marnier. Return to orange shell and freeze until serving time. Top with cinnamon if you wish. From Stephen Bierman, New York caterer.

■ A favorite dessert in Bordeaux, says Alexis Lichine, is to steep strawberries in red wine. Richard Olney adds sugar, and mashes strawberries with a fork.

■ Peel, core, and cube 6 pears and sprinkle with lemon juice. Mix with 1½ cups sour cream and 1 tablespoon sugar. Add 2 tablespoons of Triple Sec and garnish with crystallized ginger, fresh ginger, or grated orange zest. From Dorothy Ivens, wine writer.

■ Splash dark rum over lime sherbet, suggests Maida Heatter, author of *Maida Heatter's Book of Great Cookies*, who also macerates sliced, fresh strawberries in sugar and Cointreau, then stirs them into vanilla ice cream.

For a cold buttered rum, whip a scoop of pecan ice cream with a jigger of dark or light Jamaican rum in the blender with a handful of cracked ice. Sip from a pewter mug. Alex Hawkes, wine writer.

■ Sweeten cups of hot, strong coffee with 2 tablespoons of sugar. Freeze in ice trays. Whirl in blender or food processor with ¼ cup of a coffee liqueur like Pasha until of a sherbet consistency. Serve at once.

■ Spike a homemade nutmeg-flavored applesauce with a little Calvados or applejack and fold into an omelet. Or use brandy, if you like. Flame with a little more Calvados before serving. Corley & Russell, caterers in New York.

■ Serve a pear mousse with a chocolate sauce zipped with a dash of eau de vie de poire. Donald Bruce White, caterer in New York.

■ Quick sorbet Bénédictine: Whir in a blender ½ cup lemon juice, zest of ½ lemon, 2 heaping cups crushed ice, 2 egg whites, 2 teaspoons liquid sweetener until it reaches the consistency of fine snow. Serve immediately in chilled coupe glasses with a tablespoon of Bénédictine poured into a depression in the center.

■ Combine 2 packages each frozen raspberries, frozen peaches, and frozen pineapple chunks. Allow fruit to thaw and sprinkle with ½ cup brandy and ¼ cup white mint liqueur. Mix to blend and, at serving time, ladle into individual bowls and top up with champagne. From Uta Hagen, author of *Uta Hagen's Love for Cooking* (Macmillan)

■ Top cassis sorbet with a brimming spoon of cassis. Rive Gauche restaurant in New York.

■ Whipped cream sweetened with confectioners sugar and flavored with kirsch or framboise can replace pastry cream in a pastry shell for fruit tarts.

■ Make zabaglione with Grand Marnier instead of marsala and then pour it over fresh peaches or blueberries. From Julie Dannenbaum.



Brandy poached fruits

Keep a big preserving jar of poached fruits in the refrigerator for an easy dessert.

Make a syrup of 2 quarts water brought to a boil with 4½ cups sugar plus 3 sticks cinnamon, 1-2 vanilla beans and 2-3 ounces good brandy. Simmer 10 minutes. In the syrup, poach 4 Bartlett pears, peeled, with stems intact for 3 minutes; add 6 California navel oranges, peeled, and whole and 2 pineapples, peeled, and sliced vertically in sticks to cook 3 minutes. Cool in syrup. Layer fruit in a big jar; strain syrup, and pour over the fruit. Keeps at least a week refrigerated.

Alternative: Summer poached cantaloupe. Peel and cut up 2-3 small cantaloupes and poach for 5 minutes in a sugar syrup flavored with a little brandy. From La Colombe d'Or restaurant in Manhattan.

STRAWBERRY DESSERT SOUP

Combine 3 cups rinsed, hulled, and sliced strawberries, ¾ cup yogurt, ½ tablespoon lemon juice, 2 tablespoons sugar, and 2 tablespoons any orange or almond liqueur in a blender container. Blend until smooth. Top with sliced almonds. 4-6 dessert servings. *(Continued on page 178)*

SUNDAY AND AVOCADO: IT'S A CHANGE FROM THE USUAL SCRAMBLE.

Sunday morning.
There's time to stretch your taste buds. Time to create with eggs, to celebrate with California avocado. You could call it a Western breakfast. Bacon and eggs have buddied up with avocado since avocado trees grew wild along the California trails. Or, you could call it the easiest gourmet treat of all. Simply peel, slice and lightly salt a California avocado. Serve this Sunday. It's like a refresher course for breakfast.



Desserts with spirit
continued from page 176

MELON DESSERT SOUP

Combine 3 cups coarsely chopped cantaloupe or other melon, ¾ cup plain yogurt, 1½ tablespoons lemon juice, 2 tablespoons sugar, and 2 tablespoons rum in blender container. Blend until smooth. Makes 4-6 servings. You could also add a medium banana to the above mixture. Garnish with lemon slices.

ZABAGLIONE

Beat 4 egg yolks with 2-3 tablespoons sugar or less to taste until pale yellow and thick. Stand bowl over hot water and continue to beat while adding the marsala, madeira, or sherry (any liqueur will do as well, including orange- and coffee-flavored liqueurs). Continue to beat until mixture holds soft peaks and forms a ribbon. From Maurice Moore-Betty.

WHIPPED SYLLABUB

"This dessert is especially appropriate for people who eat cake as an excuse to have some whipped cream." Whip 1 cup heavy cream with 2 tablespoons sugar in a bowl. Stir in ¼ cup plus 2 tablespoons dry sherry. Whip 1 large egg white in a small bowl until it forms stiff peaks. Gently fold it into whipped cream. Spoon small amounts of syllabub into cordial or sherry glasses. Chill at least 2 hours before serving. Serves 4-6. From *Dinner with Tom Jones* by Lorna J. Sass (Metropolitan Museum of Art).

Sorbet of marc de Bourgogne

From The Box Tree restaurant

INGREDIENTS

1 quart water
1 pound sugar
½ cup marc de Bourgogne, or marc de Champagne, or anisette
Juice of 1 lemon
Fresh mint

METHOD

☐ Bring the water and sugar to a boil in a large pot. Remove from heat as soon as it boils. Cool.

☐ Pour 3 cups of the sugar syrup into an ice-cream freezer and freeze until it is half frozen and slushy. Add the marc or anisette and lemon juice and continue to freeze until done. It must be kept very cold.

Serve 3 small scoops in tall, stemmed vin d'Alsace glasses and garnish with fresh mint. Serves 6.

Soufflé meringue à la Bénédictine

From James Beard, cooking expert

INGREDIENTS

Butter
¼ cup confectioners sugar, sifted
5 egg yolks
1⅓ cups sugar
½ teaspoon vanilla
¼ cup Bénédictine, or orange liqueur such as Curaçao (but not Grand Marnier)
7-8 egg whites
Pinch salt

METHOD

☐ Put a collar of cooking parchment or foil around a 2-quart soufflé dish to extend 1½ inches above the rim. Butter the inside of the dish and sprinkle with sifted confectioners sugar.

☐ Beat the egg yolks with half the sugar in a bowl until smooth and pale creamy yellow. Beat in the vanilla and liqueur.

☐ Whip the egg whites with the pinch of salt in a large bowl until they are beginning to whiten, then gradually add the remaining sugar and continue to beat until whites become firm and shiny, as for a meringue. Fold a quarter of the whites into the egg yolk mixture to lighten them, then fold all back lightly and evenly into the remaining whites. Fill the prepared soufflé dish. The recipe can be made up to this point 2 hours in advance, provided the egg whites are beaten as directed and properly folded in.

☐ Bake the soufflé 25-30 minutes in a preheated 375°-400° oven. Just before serving, sprinkle the top with 2 tablespoons confectioners sugar and remove the collar in front of the guests—it will not deflate. Serves 10. ■

WE HAVE TO ADMIT, EUROPEANS DO KNOW A LOT ABOUT GOOD WINE.



A genuine cork from Inglenook Petite Sirah 1973, gold medal winner at Europe's Le Monde Selection competition.

RECENTLY, AT ONE of Europe's most prestigious wine competitions, Inglenook won the highest honor awarded to an American wine. Our Estate Bottled Napa Valley Petite Sirah 1973 won a gold medal at the 14th Le Monde Selection Wine and Spirits competition.

Obviously, we were greatly honored But humbly speaking, not too surprised. You see, Inglenook Estate Bottled Wines are made the only way a truly great wine *can* be made. Our grapes are picked and crushed under the direct supervision of our winemaster. So, even before we entered the competition we knew our '73 Petite Sirah was a winner. (Not to mention, the year before, our '72 won the highest award at the Oenological Institute's Sixth Annual Wine Competition.)



For years we've been saying just how fine a wine Inglenook is. Now the opinion is international.

INGLENOOK

When you toast from the heart, remember, our heart is in it too.

Inglenook Vineyards, Rutherford, Napa Valley, California.

Lemon aid
continued from page 171

Butterscotch lemon sauce

INGREDIENTS

5 tablespoons butter
1 cup brown sugar
⅓ cup heavy cream
1 tablespoon plus 1 teaspoon lemon juice

METHOD

☐ Melt butter in a saucepan and add the sugar. Stir briefly and add the cream. Continue cooking over medium heat, stirring occasionally, until mixture comes to a boil and is thick. Stir in the lemon juice. Makes about 1½ cups sauce. Perfect over poached pears or apple slices and, along with a handful of toasted hazelnuts, turns vanilla ice cream into an old-fashioned sundae. It is also delicious over ripe, whole strawberries.

Lemon caper sauce

INGREDIENTS

¾ cup light olive oil
⅓ cup lemon juice
2 tablespoons capers, drained and finely chopped
1 hard-boiled egg, finely grated
1 teaspoon fresh tarragon, finely minced, or ¼ teaspoon dried
3 cornichons or small gherkins, drained and finely minced
Salt and freshly ground pepper

Continued on page 180


Give your coffee a break.
SHARP
Cracker Barrel
BRAND
NATURAL CHEDDAR CHEESE
KRAFT
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It does make a nice break in the day. Cracker Barrel cheddar cheese
is another reason America spells cheese KRAFT.
Our pride. Your joy.
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Bringing good food and families together for 75 years.

Lemon aid
continued from page 178

METHOD

☐ Combine the oil and lemon juice in a small bowl and beat with a wire whisk until blended. Continue to beat with the whisk as you add the remaining ingredients. Pour into a jar and chill until ready to use. The dressing may be made in a blender, but it will lose the bitey texture that gives it distinction. Makes about 1 cup. Use with steamed artichokes, fresh asparagus, cauliflower, or cold, boiled shrimp.

Lemon chutney

INGREDIENTS

1 cup green figs, sliced
2 cups lemon slices, halved
1 cup blond raisins
1 cup onions, chopped
1 cup sugar
1½ cups cider vinegar
3 tablespoons candied ginger, finely chopped
½ teaspoon whole allspice, crushed
1 teaspoon salt

METHOD

☐ Combine all ingredients in a saucepan and bring to a boil. Reduce heat and simmer, covered, for 1 hour. Uncover and simmer for another 30 minutes, or until thickened. Makes about 3 cups. Perfect for curries and loin of pork.

Scallops in cognac broth

INGREDIENTS

¼ pound sweet butter
1 cup cognac
½ cup lemon juice
1 teaspoon salt
2 tablespoons fresh ginger, finely minced
¼ cup Italian parsley, finely minced
2 pounds bay scallops

METHOD

☐ Melt the butter in a large skillet over low heat. Add cognac, lemon juice, salt, ginger, and parsley; simmer for 5 minutes, stirring to prevent burning. Place the bay scallops in the skillet and simmer for 5 minutes, stirring once or twice. Remove scallops with a slotted spoon to a heatproof bowl and keep warm.

☐ Turn heat to medium and reduce the sauce, stirring, for 5-6 minutes. Pour it over the scallops and ladle into hot soup bowls. Serve at once. Serves 4.

Red snapper with puréed broccoli

INGREDIENTS FOR PURÉE

2 pounds broccoli
¼ cup onion, chopped
3 tablespoons butter, melted
¼ cup lemon juice
⅓ cup Gruyère cheese, grated

INGREDIENTS FOR FISH

2 tablespoons butter
Juice of 2 lemons
1 red snapper, weighing 4½ pounds, then boned and filleted

METHOD FOR PURÉE

☐ Cut broccoli flowerets from stems an set aside. Trim stems and chop into 2-inc pieces. Bring 2 quarts water to a boil, ad stems, and boil gently 10-15 minutes, u until stems can be pierced easily wit the tines of a fork. Drain and reserve cook ing water.

☐ Next, cook onions in 1 tablespoo melted butter 2-3 minutes or until jus soft. Add lemon juice and cook anothe 3 minutes so that the flavors meld. Pu broccoli stems and onion and lemon juic mixture into a blender or food processo and purée. Put the purée into a saucepa and set aside until ready to use.

☐ Bring another 2 quarts water to a boi or use the same liquid in which the stem were cooked. When water is at a high boi add flowerets and continue boiling for jus 4 minutes. Drain and set aside.

☐ The flowerets and the purée can b done several hours before serving. If yo do them ahead of time, cover and refrig erate. Just before serving, heat the puré in a saucepan and toss flowerets in th remaining 2 tablespoons melted butter i a skillet. Cook only until heated through Put purée in the center of a large platter surrounded by the sautéed flowerets, an arrange the broiled red snapper fillets a either end of the platter.

METHOD FOR FISH

☐ Melt butter in a small saucepan an add lemon juice. Place fillets, skinside down on a lightly oiled shallow pan, or o foil. Slide under broiler—fish should be 4 inches below flame—and broil 8-10 min utes. Baste every 3 minutes or so with th lemon-butter mixture. Serves 4.

Note: To poach, braise, or broil fish prop erly, cook 10 minutes for every inch o thickness.

Cold lemon nougatine soufflé

INGREDIENTS

7 egg yolks
¾ cup sugar
½ cup lemon juice
7 egg whites
2 tablespoons nougatine (recipe below)

METHOD

☐ Beat yolks with a whisk in the top of a double boiler off the heat, until light. Add sugar and lemon juice and beat briefly. Place over simmering water and cook, stirring constantly with a whisk, until the mixture is quite thick.

☐ Remove from heat and let cool. Placing it in the freezer for 5 minutes will bring it to the right temperature. While it is cooling, whip the egg whites until they hold a peak when the beater is removed.

Continued on page 182



The Fish:

Chicken of the Sea® gives you only the tenderest, tastiest tuna. Because only the prime cuts of the tuna—the best cuts—go into every can we make.

And Chicken of the Sea® tuna not only tastes great, it's delicious hundreds of different ways. From all-by-itself to the easy recipe you see below.





The Dish:

Casserole Poulet de la Mer

4 ozs. egg noodles, cooked and drained
1 (10 3/4 oz.) can condensed cream of mushroom soup
1/2 cup sour cream
1 (10 oz.) package frozen peas and carrots, cooked and drained
1/2 cup sliced mushrooms
13 ozs. of Chicken of the Sea solid white tuna (as shown), drained
(OR 12 1/2 ozs. Chicken of the Sea chunk light tuna, drained)
1 tsp. thyme
1/2 tsp. salt
1/4 tsp. pepper
3/4 cup fine dry seasoned bread crumbs
3 tbs. melted butter or margarine

Preheat oven to 350° F. Combine noodles, soup and sour cream. Add peas and carrots, mushrooms, tuna, thyme, salt and pepper. Pour into an oiled 1 1/2 quart casserole. Combine bread crumbs and butter and sprinkle over top. Bake uncovered 25 to 30 minutes, or until hot and bubbly. Want 185 more exciting tuna recipes? Send for our TEMPTING TUNA COOKBOOK. It's free. Just send your name, address and any 10 Chicken of the Sea® tuna labels to: Chicken of the Sea, P.O. Box 9066, St. Paul, Minn. 55190. Allow 4 weeks for delivery.

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Enclosed is $ _____ (check or money order) and 3 Chicken of the Sea® tuna labels for each casserole ordered. Make checks or money orders payable to Chicken of the Sea, or simply include your

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and Signature _____

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Send to: Chicken of the Sea Tuna, Copperware Offer, R1 Stoneham Corners, Sanbornville, N.H. 03872

Please allow 8 weeks for delivery.

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HG

From Chicken of the Sea®

"All right," I said.
"I'll do something different with my pork chops."
So I added a blend of two rices with different herbs and seasonings.



What a success.



original . . . or fast cooking

Do not let them become too stiff or it will be difficult to fold them into the lemon mixture.

☐ Stir the nougatine into the cooled lemon-yolk mixture and then fold in the beaten egg whites thoroughly, using a spatula and turning the bowl as you fold to make sure everything is well mixed. Pour into a 2-quart soufflé dish and refrigerate at least 1 hour. Serves 6-8.

Nougatine

INGREDIENTS

½ cup almonds, slivered and toasted
½ cup sugar
2 tablespoons water

METHOD

☐ To toast the almonds, spread evenly in a pan and place in a preheated 350° oven for about 10 minutes, or until lightly browned, then cool.

☐ Combine sugar and water in a small saucepan and stir off the heat until the sugar is dissolved. Place over medium heat and boil gently, without stirring, until the sugar turns golden. Watch carefully. If it becomes too dark, the syrup will be bitter. It should be a light caramel color. When it reaches this stage, add almonds immediately, stir, and pour the mixture onto a sheet of waxed paper. Let it cool, break into chunks, and pulverize in a blender or food processor. Makes about ¾ cup. It keeps indefinitely refrigerated in a covered jar.

Lemon-cheese meringues

INGREDIENTS

3 tablespoons almonds, ground
3 tablespoons Parmesan cheese, grated
2 teaspoons lemon zest, grated
2 egg whites

METHOD

☐ The almonds and cheese should be almost the consistency of flour. Toss both with the lemon zest. Beat the egg whites until stiff with a wire whisk. Fold the dry mixture into the egg whites.

☐ Using 2 dessert spoons, drop the mixture onto a lightly buttered and floured cookie sheet. Bake in a preheated 300° oven 20 minutes. Turn off heat and leave meringues in the oven with the door open until totally dry.

☐ If you are not going to eat the meringues immediately, store them in an airtight tin container. They should be featherlight and tenderly crisp. Makes about 18 meringues. ■

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BIGELOW TEAS



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From Italy with style
continued from page 173

Cirio canning factory in the small Tuscany fishing port of Porto Ercole, tinning tuna, anchovy, and sardines. Several times a week, she trudges the 2 miles up an unpaved path to the hill farm of her parents to help her tired mother, for Papa is an invalid. During odd hours that are left, she helps me, so that 15-year-old Nicoletta can be as well-dressed as any girl in school.

Candida's love of family is overwhelming. Noon and night she shows it by feeding husband and children food whose flavor rivals that of the tables of the rich. At dawn she speeds through the preliminaries. The sauce simmers while she makes the beds, to be reheated when she rushes in at midday from her morning stint in the factory.

As short on time as she is in possessions, she moves with *sveltezza*. While I would still be in the first putter of preparation, her dish already is gently and deliciously murmuring, *"piano, piano."*

I have adopted the principles of Candida with profit. To lend the illusion of abundance to a dish of pasta or vegetables, she adds a small amount of chopped meat, just enough for the *sapore*. Basil, mint, rosemary, sage, marjoram, parsley, and thyme grow for everybody. Basil, the royal herb, never seems to thrive more luxuriantly than when planted in a cut-down orange crate. At season's end, she hangs up huge bunches to dry. How can one live without the inimitable perfume through the winter?

"Do you want to make a roast chicken more *moda?* Put a whole lemon in the cavity. To get the most juice out of a lemon, first roll it hard and firmly on the table before cutting and squeezing. To season a baked fish, make deep diagonal slashes on both sides and stuff the incisions with a paste of ground basil and garlic."

Her kitchen panoply is skeletal, but everything works. The indispensable tool is a cleaver, a heavy instrument she uses in myriad ways—to crack bones, to slice onions, to mince parsley. Throwaways are almost nonexistent. Wilted salad leaves, carrot parings, celery tops are saved to nourish the pet turtle of Nicoletta.

I overbought and the eggplants shriveled. Candida rectified my sin by soaking them in cold water until they plumped up again into purple beauties. Bruised fruit sells for half price in the market. Candida cuts away the hurt and uses the rest for jam.

We grandly invited ten people to dinner, wondered how we would manage, and presented Candida with two and a half chickens.

"Only the company parts," I said and wrinkled my disdain for neck, gizzards, heart, backbone, and other unspeakables. She won over my prejudices. The next day the rejects were even more delectable than the party fare.

Candida's batter will fritter anything to crisp lightness. To get her recipes, you have to watch her with concentration because the lightning movements are in pinches and fistsful.

She begins her *pastella* by cracking an egg into a bowl and gives it a preliminary twirl with an eggbeater. The two halves of the shell become her measuring cup. Two halves of the shell are the necessary amount of water; one half of the shell provides the necessary amount of oil. She adds five heaping tablespoons of flour (because I forced her to use the tablespoon) and a pinch of salt. With a fork she whips the ingredients together until the composition takes on the consistency of a heavy cream.

This *pastella* is a deuces-wild batter, good with onion rings, eggplant slices, shrimp, or whatever enters your fancy.

Salted nuts are as rare a delicacy as gold pannings. Zucchini is one of the inexpensive vegetables at the market stall. A mound of crisp-fried zucchini matchsticks will be gobbled with the same relish as salted peanuts. The preparation is *presto, presto.* Wash the zucchini and pat dry. Do not peel but cut into matchsticks, roll in flour, and deep fry. Drain and salt generously.

Pancetta, cured but unsmoked bacon, goes a long way. A few dice gives satisfying flavor to a *frittata* of zucchini. Plain boiled vegetables—green beans, potatoes, zucchini—are zipped up with a condiment consisting of a little olive oil, a little wine vinegar, and a mash of garlic and basil. Depending on your preference the guest at table can add his dose of oil or vinegar according to the dictates of his taste.

"What did you make your family for lunch today?" I asked Candida. "We started with soup, because in our family it is always the tradition to start with soup. Then I did pasta."

The sauce begun in the early morning was realized as follows: She sweated out a chopped onion in a little olive oil with a generous fistful of basil leaves and flat Italian parsley. To the pot she added the contents of a small tin of tuna fish and 300 grams of cleaver-chopped *seppie* (eight short tentacles and two long ones but with a shorter, rounder body than its cousins the *calamari*). Squid and cuttlefish generally are among the more moderately priced items in the Porto Ercole fish market.

Candida tossed in 50 grams of tomato paste, and 1½ glasses of water. A quick stir. The lid on the pot was left ajar for *"aria, aria."* The sauce simmered over a slow fire for ¾ of an hour. Midway, she tasted it for the proper seasoning of salt and pepper.

Candida's repertory was learned from her mother. She is conservative but she will take on a new recipe provided it is Italian.

I finally managed to give her the present of a sardine recipe, which was appreciated because fresh sardines are the best bargain in the Porto Ercole fish market.

Sardines *en saor* are an Adriatic specialty. I was given it by Cesare Gosi, the chef of the Gritti Palace in Venice, who also applies this method to baby sole. The manner of doing sardines and baby sole *en saor* was developed by Venetian sailors during the heyday of the Serenissima.

Easy eggplant

(see Wine & Food cover)

INGREDIENTS

Basil
Parsley
Garlic
Small eggplants
Salt, pepper
Olive oil

METHOD

☐ Coarsely chop together 1 tablespoon each basil and parsley and 1 clove garlic for each eggplant.

☐ Slice eggplants in half lengthwise. Make a series of crisscross incisions on cut surface. Force the herb mixture into the cuts. Sprinkle with salt, pepper, and a drop of oil.

Continued on page 186

The one to buy in the first place.



SWING-A-WAY

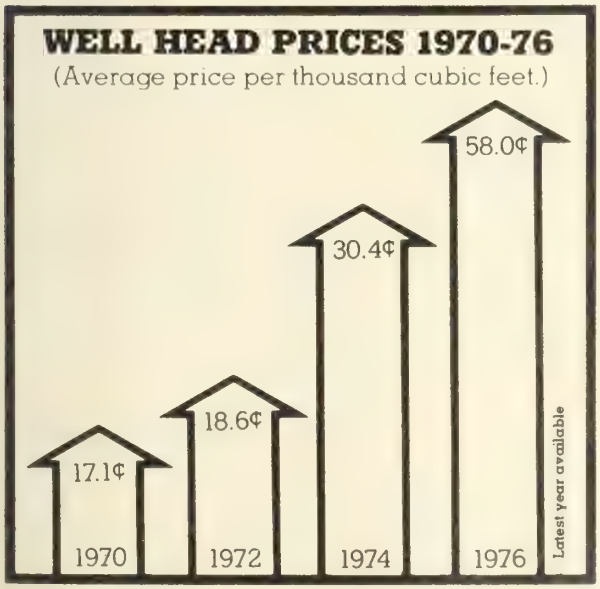
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With all energies facing increased costs, gas will continue to be your best energy value

AGA American Gas Association

continued from page 184

☐ Rub the bottom of a baking pan with a little olive oil and bake the eggplants on it for ½ hour, cut side up, in a preheated 350° oven. Serve one half to each person.

Marinated baby sole

"This mariners' recipe is now one of the most popular banquet first courses at the very grand Gritti Palace in Venice, which brings me back to my premise, that people brought up close to the land and the sea eat better than almost anybody else."

INGREDIENTS

1 pound onions, sliced
1 cup olive oil ("I prefer to cut the amount of oil in half")
1 cup white wine
1 cup white wine vinegar
1 ounce pine nuts
1 ounce Sultana raisins
2 pounds fresh baby sole or baby flounder or fresh sardines weighing about 3½ ounces each with heads removed
Salt, pepper

METHOD

☐ Sweat onions in ½ cup olive oil over very low heat for about 20 minutes. Do not allow them to color. Remove from heat and add ½ cup wine, ½ cup vinegar, pine nuts, and the raisins, which have been soaked 10 minutes in water to plump them up and then drained. Arrange mixture on the bottom of a deep platter.

☐ Quickly fry the fish in ½ cup hot olive oil and season to taste with salt and pepper. Remove from heat and add remaining wine and vinegar to the pan. Mix well.

☐ Arrange fish and liquids on top of onion mixture and garnish with lemon and basil sprigs. Serves 8.

Zucchini and tomatoes

INGREDIENTS

2 pounds zucchini, sliced lengthwise
3 tomatoes, peeled and thickly sliced
2 onions, sliced
5 fresh basil leaves
½ cup olive oil
Salt, pepper

METHOD

☐ Put zucchini, tomatoes, onions, basil, and olive oil in a large skillet with salt and pepper to taste. Cook over low heat 45 minutes. Shake the pan occasionally. Serves 8.

Seafood salad

INGREDIENTS

1¼ pounds calamari (squid)
½ pound shrimp
2-3 tablespoons Italian parsley, chopped
3 tablespoons fresh coriander (cilantro), chopped
3 tablespoons olive oil
1 tablespoon white vinegar
2 tablespoons lemon juice
Salt, pepper
Fresh ginger
Black Italian olives

METHOD

☐ Cook cleaned calamari in boiling water to cover for 20 minutes. Drain. Chop tentacles and slice body into rings.

☐ Cook unpeeled shrimp in boiling water to cover for 5 minutes. Drain and peel.

☐ Combine calamari and shrimp with parsley, coriander, oil, vinegar, lemon juice and salt and pepper to taste. Toss well and grate a little fresh ginger over the top. Garnish with black olives and chill until ready to serve. Serves 6.

Fresh tomato sauce

INGREDIENTS

6 fresh basil leaves
1 pound plum tomatoes, peeled
½ onion, cut in chunks
¼ teaspoon salt
Pepper to taste
⅓ cup olive oil
⅓ cup water

METHOD

☐ Place basil in the bottom of a saucepan. Add tomatoes broken in half. Candida breaks them open with her hand. Add onion. Cook over high heat 10 minutes, mashing with a wooden spoon from time to time.

☐ Strain sauce through a food mill. Return to saucepan. Add salt, pepper, and oil. Cook over low heat, partially covered, 30 minutes. If sauce becomes too thick, add the water. Makes about 2 cups sauce. In winter, substitute tinned Italian tomatoes and 1 tablespoon dried basil.

☐ To dry basil, Candida hangs bunches on a cord at an open kitchen window during the last days of August or the first days of September for 6-7 days. She then stores it in a paper bag.

Polpettone (meat loaf)

INGREDIENTS

1 pound beef, chopped
3 eggs
Large bouquet parsley, chopped
3½ ounces Parmesan cheese, grated
½ teaspoon lemon zest, grated
Salt, pepper to taste
1 slice Italian bread, soaked in milk, then squeezed dry
2 tablespoons butter
Tomato sauce made from 1 pound tomatoes

METHOD

☐ Mix beef with eggs, parsley, cheese, lemon zest, salt, pepper, and bread. Form into a long loaf.

☐ Lightly brown meat loaf in butter, about 5 minutes on each side in a casserole. Pour on tomato sauce and cook co
ered, over low heat, 30-35 minutes. Serv
6. If making small polpette, Candida su
stitutes 1 boiled and mashed potato for t
soaked slice of bread.

Veal roll

INGREDIENTS

1 pound lean veal, cut from the leg
2 large slices prosciutto
2 eggs
Fresh parsley
3-4 heaping tablespoons Parmesan cheese, grated
Salt, pepper
2 tablespoons olive oil
Fresh rosemary sprigs
Fresh sage
1 clove garlic, smashed
¼ cup water
¼ cup white wine

METHOD

☐ Slice the veal ¾ through lengthwis
and open it flat like a book. You can bea
it a little to further flatten and even th
thickness. Lay prosciutto on the meat.

☐ Make an omelette with the eggs,
tablespoons minced parsley, Parmesar
and salt and pepper to taste. Cool an
place on the meat. Sprinkle with mor
parsley; roll up the meat and tie wit
string.

☐ Heat oil in a Dutch oven with rosemary
sage, and garlic. As soon as the garlic ha
given its flavor to the oil, remove an
discard it. Add the water and the veal
Cover and cook over low heat 20 minutes
Remove cover and add wine. Raise hea
and brown meat on all sides. Let coo
slightly. Slice and serve. Serves 4-6.

Chicken in three parts

Part 1: Oven-baked for company

INGREDIENTS

2 chickens weighing a total of about 5 pounds (Candida never removes skin, saying you lose flavor. If you don't like it, remove before eating.)
Juice of 2 large lemons
Salt, pepper
Butter
Rosemary sprigs
About 2 tablespoons olive oil

METHOD

☐ Disjoint chickens. Set aside wings
neck, carcass, livers, gizzards, and hearts

☐ Place the company pieces of chicken—
legs, thighs, and breasts—in a bowl and
marinate for 30 minutes in the lemon juice
and salt and pepper to taste.

☐ Butter a large square baking pan. Lay
out chicken pieces in neat rows. Tuck in
rosemary sprigs. Season with salt and
pepper. Dribble over the olive oil and dot
with more butter.

☐ Bake in a 350° oven about 40 minutes
or until done. Serves 10.

rt 2: Chicken Arrabiata
raged chicken)

GREDIENTS
cup olive oil
loves garlic, smashed
w sprigs rosemary
ngs, neck, and carcass of chicken
(The carcass is chopped into bite-size pieces with Candida's all-purpose cleaver before cooking.)
arge, ripe tomato, peeled, and cut into chunks
t, pepper
cup white wine

THOD
Put olive oil in a frying pan with garlic, emary, and chicken. Cook over low at, turning from time to time, 15 min-s.
Remove and discard garlic and rose-ry. Add tomato, and salt and pepper to te. Cook 15 minutes more. Add wine d turn heat to high. Cook a few minutes evaporate alcohol. Eat with fingers. od hot or cold. Serves 4.

rt 3: Crostini

GREDIENTS
loves garlic, smashed
ig rosemary
cup olive oil
cken livers, hearts, gizzards, chopped nto very small pieces
nion, thinly sliced
lum tomatoes, skinned, cut into chunks
t and pepper to taste
cup white wine
ablespoons capers
sted Italian bread

THOD
Heat garlic and rosemary in olive oil a frying pan. Remove and discard them e they have flavored the oil.
Add livers, hearts, gizzards, onion, to-toes, and salt and pepper. Cook over heat 15 minutes. Add wine and capers. se heat. As soon as wine has evapo-ed, spread on toasted rounds of Italian ad, serve as appetizer. Serves 4. ■

t of good eating
ntinued from page 174

minute eggs with esto mayonnaise

GREDIENTS
ggs (1 per person)
w carrots
sto (recipe below)
yonnaise (recipe below)
sh parsley

THOD
Bring a large pot of water to a boil and p in eggs. Boil 6 minutes and drain mediately. Run cold water over the eggs til completely cool before peeling. The yolks will still be a bit runny and the whites firm.
☐ Shred carrots and arrange them in nests for the eggs on a serving plate. Mix 2 tablespoons pesto with the mayonnaise, or more to taste, in a small bowl. Freeze the remaining pesto for future use.
☐ Place a large spoonful of sauce in the middle of the carrot nests and rest the eggs in the middle. Garnish with parsley. Serves 8.

Pesto

INGREDIENTS
2 cups fresh basil leaves
5 cloves garlic
2 tablespoons pine nuts
½ teaspoon salt
¼ cup olive oil

METHOD
☐ Blend all the ingredients in a food processor until very smooth. Makes about 1 cup pesto.

Mayonnaise

INGREDIENTS
1 egg
Juice of ½ lemon
Dab of Dijon mustard
Salt to taste
1 cup olive oil

METHOD
☐ Place the egg, lemon juice, mustard, and salt in a food processor and blend well. Slowly add the olive oil while the machine is running. Makes about 1½ cups mayonnaise.

Green tomato quiche

INGREDIENTS FOR CRUST
4 cups flour
Pinch salt
2 sticks butter, cut in pieces
6 tablespoons shortening
About ⅔ cup ice water

INGREDIENTS FOR FILLING
12 or more green tomatoes, thinly sliced
6 whole eggs
1 cup half-and-half
Salt and pepper to taste
Grating of fresh nutmeg
Lemon zest, julienned
Parmesan cheese, freshly grated

METHOD FOR CRUST
☐ Place flour, salt, butter, and shortening in a food processor in 2 batches and blend. Add water while machine is running until it forms a ball. Wrap in plastic wrap and chill ½ hour.
☐ Line an 11-by-16-inch cookie sheet

Continued on next page

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continued from preceding page

with foil. Roll out dough and fit into pan. Weigh down with beans and bake 10 minutes in a preheated 400° oven. Lift out beans and put in filling.

METHOD FOR FILLING

☐ Lay the tomatoes in the pie shell in rows. Beat the eggs with the half-and-half, salt, pepper, and a dusting of nutmeg in a bowl and pour over the tomatoes.

☐ Sprinkle generously with julienned lemon zest and Parmesan. Bake in a preheated 400° oven about 20 minutes or until custard is set. Serve hot or co'd. Serves 8-12.

Pear and potato salad

(adapted from "The Four Seasons Cookbook")

INGREDIENTS

4 large fresh pears, peeled and sliced
1 large boiling potato, cooked, peeled and thinly sliced
1 pint cream
Grating of fresh nutmeg
Small handful red and green grapes, halved and seeded

METHOD

☐ Place the pears and potato in a serving bowl with the cream and nutmeg. Make a few hours ahead so the potatoes have time to absorb some of the cream. Garnish with the grapes. Serves 8.

Seasonal antipasto

Choose attractive vegetables of varying shapes.

INGREDIENTS

½ eggplant, cut in 1-inch cubes
½ cauliflower, broken into flowerets
2 green peppers, sliced
1 red pepper, sliced
Small jar pimientos, sliced
Large handful green olives
Large handful Greek black olives
Large handful small white cocktail onions
½ bunch broccoli, broken into flowerets, stems thinly sliced
½ pound small mushrooms, stems removed
About 10 small French carrots, left whole
1 cup olive oil
1 cup water
1 bay leaf
Few sprigs fresh thyme
2 cloves garlic, peeled
Salt, pepper
½ cup good vinegar

METHOD

☐ Place all the vegetables in a large pot with oil, water, bay leaf, thyme, and garlic. Bring to a boil and cook about 2 minutes. Vegetables should be very hard still, as they continue to soften in marinade.

☐ Put all ingredients into a large glass container and season to taste with salt and lots of freshly ground black pepper. Pour the vinegar over all. Cool and baste occasionally. Serve cold or at room temperature. Serves 12 or more. The antipasto is better if made the night before.

Matisse bread

The name derives from the shape of the finished bread.

INGREDIENTS

1 cup sour dough starter
1 cup buttermilk
1 scant tablespoon yeast
1 cup warm water
2 tablespoons honey
1 level tablespoon salt
1 teaspoon baking soda
5 or more cups unbleached white flour

METHOD

☐ Put starter and buttermilk in a bowl and mix well. Soften the yeast in the warm water and add it. Mix in honey, salt, soda. Add enough flour to make a stiff dough.

☐ Knead on a floured board until smooth and elastic. Turn into greased bowl, let rise until doubled. Punch down, let rise again.

☐ To form into Matisse shape, take a large greased cookie sheet and form dough into a long, narrow roll. Cut into the dough with kitchen shears from both sides. Pull out the dough to form "branch" shapes.

☐ Let rise again then bake in a preheated 400° oven 30 minutes or until bread sounds hollow when tapped on the bottom.

Huckleberry maple mousse

INGREDIENTS

6 egg yolks
⅔ cup maple syrup, heated
1 pint heavy cream
1 pint huckleberries or blueberries

METHOD

☐ Beat yolks in bowl or top of a double boiler until thick. Beat in the hot syrup.

☐ Put over simmering water and cook, beating constantly, until thickened slightly. Cool. Beat cream in a large bowl until it forms stiff peaks and fold into the yolk mixture. Fold in half the berries and pour into a 1½-quart mold. Freeze overnight. Before serving, unmold and garnish with remaining berries. Serves 8-10. ■

Manuscripts

House & Garden assumes no responsibility for unsolicited manuscripts, photographs, drawings, house plans, or uncommissioned material. Material submitted must be accompanied by return postage or a self-addressed, stamped envelope.

continued from page 168

America has been on analyzing ourselv as one avenue to this self-improveme Some people try to help themselves seeing therapists; some people join mo ments; some read psychological boo Beware, however! The psyche is comp cated. It is much easier to construct a w of bricks than it is to help oneself by re ing a psychological self-help book.

"What we have to do is distinguish b tween books that really help and those th give the illusion of helping. If a person, reading the book, learns to analyze himse to find the cause of his discomfort, enlar the realm of his consciousness, to ha more insight into what he is doing, th the book is useful. Erich Fromm's *The A of Loving* is such a book. Karen Horn and Rollo May also write such boo which give no easy formula, but which a more like psychological guides.

"On the other hand, there are boo which give apparent solutions, that more harm than good. For instance, wh an author says, 'It is useless to worry,' 'Anxieties are unjustified almost 100 pe cent of the time,' this does not help becau the reader already knows he should n worry, but he cannot help it. These kin of books do not get at the reason for th worry. They concentrate on what we c secondary gains, those that one obtai from focusing on the symptoms, not t core of the problem. They simply help t reader to have a thicker skin, which m have some validity if there is nothing el around to help, but which also means th instead of increasing your sensitivity a knowledge about the nuances of your su liminal feelings and thoughts, you lea only a superficial way of coping with t world. This kind of approach is more usef for administering a big firm or a corpor tion than for dealing with individuals.

"Some of these books also produce t trick of instant self-gratification—a mag formula that often makes them successfu The people who have read the book a left with the illusion that they will be bett able to face the future, and they have feeling of exaltation that they pass on others. This feeling of exuberance is m interpreted by the reader as proof that t book has been useful, when in fact it h only produced a momentary promise th does not last.

"I do not say that all books are like th Those which give panaceas, formulae, a easy explanations without any work to c in private are more destructive than co structive. But those books which requi some work on the part of the reader, wo which may be difficult, are more likely be books to be trusted.

"Western man has always looked f improvement and progress, and thes books are a symptom of this urge. In Eas ern philosophy, on the other hand, th important thing is serenity, contentmen There are good and bad things to say c both sides. In Western culture this desi for constant self-improvement leads t anxiety and to a spirit of competition ar

eediness. On the other hand, Eastern ints of view have at times been cata-rophic; they have led to lethargy, lack of ogress, a do-nothing attitude. It could that the great mystics of the Orient did t mean this, but that's what happened, d in a certain way they remained behind e West for this reason.

"The human being is never satisfied th the way he is, and rightly so. We have ver found Utopia, and I doubt we are ing to. Our possibilities are infinite and e can always improve ourselves, espe-lly as life becomes more and more com-cated. Perhaps the best way to ease our scontent would be to find some perfect edium between Eastern and Western ought. Meanwhile, we should feel en-uraged by our determination to continue e search for self-knowledge and enlight-ment."

Dr. Albert Ellis (Dr. Ellis is execu-e director of the Institute for Advanced udy in Rational Psychotherapy in New ork, and founder of the Institute for ational Living. He is author of over 35 oks, including, most recently, *How to ve With—and Without—Anger* (Reader's gest Press). Dr. Ellis was a speaker at e symposium on do-it-yourself therapies the 1977 American Psychological sociation convention.)

"We have an innate tendency to self-provement. Human beings naturally ink, and through upbringing, prop-anda, reading books, hearing talks, one the things they think is, how can I im-ove myself? Unfortunately, most of the ys they go about it are wrong. If you en't adept at something, such as riding a cycle or playing tennis, you usually tend pick up an easy or a wishful-thinking y of doing it, rather than a correct way. e same goes for self-improvement.

'My way originally started from psycho-erapy. I taught people how to change emselves, or how to increase their thods of helping themselves, within a ychotherapeutic framework. Then I saw at there are better ways, and one of the ys is to do it yourself, with what we call *mework*. Unless you practice homework u can have the best theory of self-im-ovement in the world and it won't work. e same goes for tennis. You may have a o to teach you tennis, but unless you go me and practice, you won't get very far. the practice mainly that does it. The ne thing happens in therapy.

'My very first book on therapy was called *w to Live with a Neurotic*, where I owed people how to practice helping ir friends, relatives, and mates who had oblems. My new book, *How to Live With nd Without—Anger*, contains sample mework reports, with questions that u must fill out at home, and techniques you to work on. In the book I urge aders to experiment with, and test out, new concepts in their own homes, and nscientiously practice them over a period ime; and they then will notice and enjoy changes made in their lives.

'Self-improvement presupposes goals. All things start with a goal; that is the human condition. Normally, you have two goals: to stay alive, and to be happier. Those are ideal goals, purposes, values. Once you have those goals, you look for methods to achieve them. Self-improvement is a method towards achieving those goals. The aim of sex books, for instance, is to show you how to do better at sex.

"The problem here is that people tend to translate this into feeling they *have* to do better at sex. Or, if you read a book about how to have a better garden, you might be interested in a better garden in order to compete with your neighbor. In both these cases, you will not fulfill your goal of being happier. You had better always, therefore, examine your motives for self-improvement.

"Another thing to remember about self-improvement is that it includes how to live in a social group. Your goals concern living in society; so the 'self' part of self-improvement is partly what you like to do, and partly what you like to do with others, and the two are interrelated. The emphasis on looking out for Number 1, which some people falsely assume means you must be *against* others, on the contrary should include both these elements—looking out for you, and also looking out for your fellow human beings. So if you want to help yourself, you'd better include helping others.

"Self-improvement also involves self-acceptance. By self-acceptance I don't mean that you are all right as you are. To accept yourself starts with the proposition that you often act badly, therefore you'd better try to do better; but you temporarily accept yourself with your bad behavior. Take the tennis example: If you thought you were really all right as you are, you'd never take a tennis lesson.

"Accept yourself the way you are in order to improve that way and enjoy yourself more. That is how you achieve your goals."

Mildred Newman and Bernard Berkowitz (Mildred) Newman and Bernard Berkowitz are married to each other and practice in New York City. Their first two books, *How To Be Your Own Best Friend* and *How To Be Awake And Alive* were best sellers. Their latest best seller, *How To Take Charge Of Your Life* (Harcourt, Brace, Jovanovich), is out this spring in paperback (Bantam). They are currently working on a new book.)

MN: "People have always needed to learn about themselves. My feeling is that people aren't as ashamed of wanting to change as they used to be, so it now seems okay to buy a self-improvement book."

BB: "The problem of our time is a feeling of aimlessness. People have no idea where they came from or where they are going. They feel like victims. I think it's a product of a mass society, where the average person feels less and less in control of his or her destiny, and less and less able to make an impact on the forces that govern his or her life."

MN: "I think people want more, people don't want to live the lives of their parents. People want to understand more and do something different with their lives."

BB: "What's in self-help books is what might be called "soft-core" philosophy, since they touch on the basic questions of life. What's it all about? How do you get by in this world? How do you become a worthwhile person? How do you navigate the dangers and shoals of life? And looked at that way, self-help books go back to the very earliest writings."

MN: "Reading a book means there are more choices open to you. Some basic truths are deceptively simple. It's the simple things in life that are the most wonderful. Like having a baby—it's the simplest thing in life, but the greatest miracle I know."

BB: "You can't get more out of a book than you are willing to bring to it. If you know more and are an open person, you will get more out of it than other people."

MN: "People who say we are all right as we are, or who criticize the self-improvement movement for making people more discontented or anxious, are like the people who say, 'Look, don't tell me anything bad because if I think about it it will come true.' It's like the patient I had whose husband told me, 'You think my wife is wonderful, don't you? Well, let me tell you this: when she's driving a car and comes to something she doesn't like, she takes her hands off the wheel, covers her eyes and screams!' "

BB: "We've come to realize that we cannot proceed simply on innate intelligence or instinct. Life is much too complex. There is new information coming in all the time. For example, the women's magazines publish medical and nutritional findings, and we want to keep up to date on these things."

MN: "Today a patient came to me who was very angry with her boyfriend. They had gone out and she became very thirsty on the way home, and insisted on stopping to quench her thirst. The boyfriend said to her, 'You seem to be thirsty a great deal of the time,' which enraged her. I said, 'Wait a minute. Do you know that being thirsty is one of the symptoms of diabetes? Someone in this man's family has diabetes and he was probably very worried about you. This information could have helped her understand what he was saying to her."

BB: "Everyone in the field will agree that the bedrock, the foundation of mental health lies in a good feeling about yourself. Self-esteem. Without that, there's nothing."

MN: "Now this does not mean blind self-acceptance. I personally do not like that word. To me it has the connotation of accepting yourself no matter what."

BB: "It implies smugness."

MN: "I believe in growth and change and doing and learning more things. That's self-improvement. If you accept yourself as you are, where is there space to move in? That's why we are both optimistic about people. I'm optimistic because I believe in change and people are changing their lives all the time." ■

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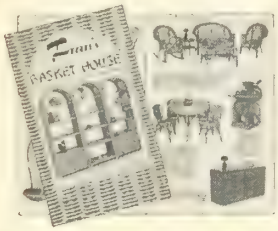
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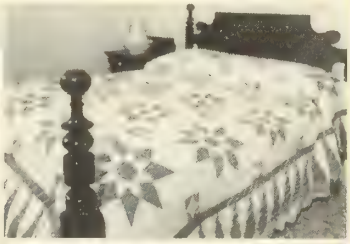


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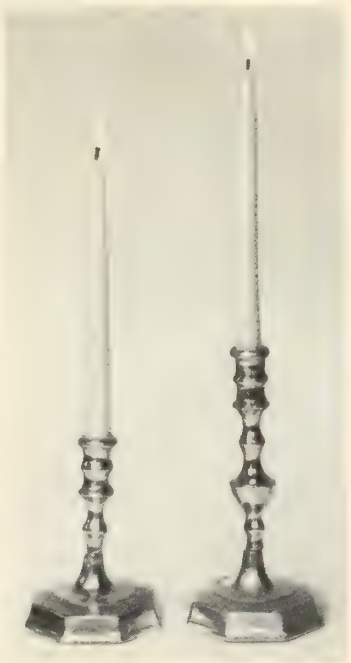
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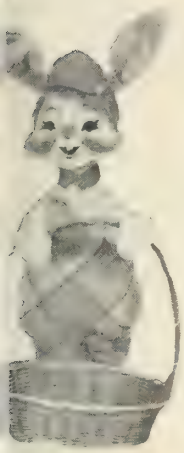
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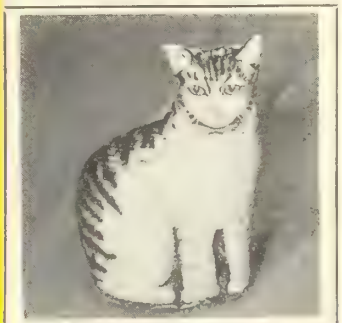
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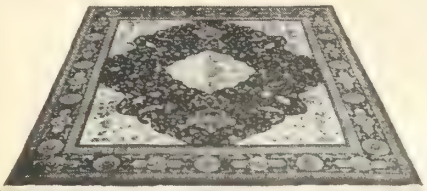
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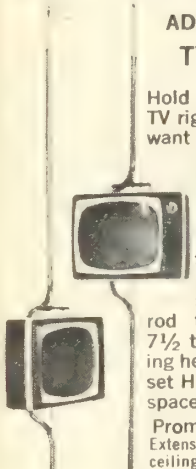
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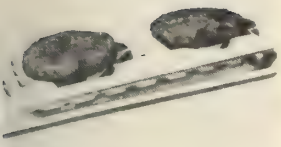
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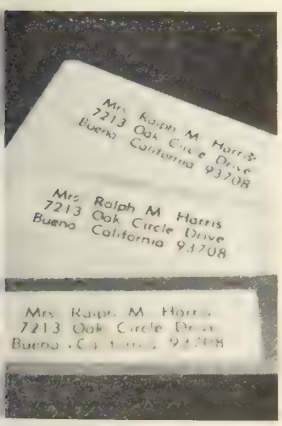
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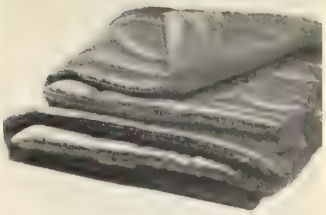
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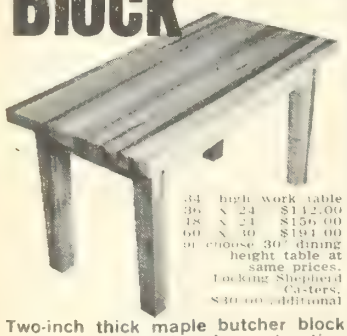
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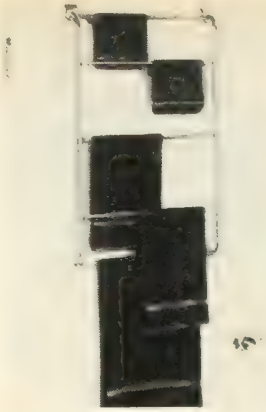


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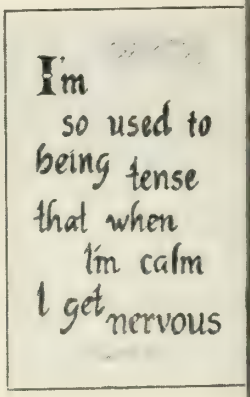
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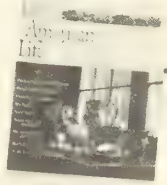
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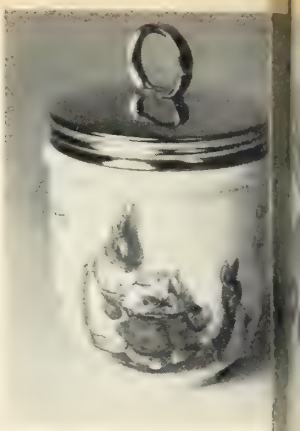
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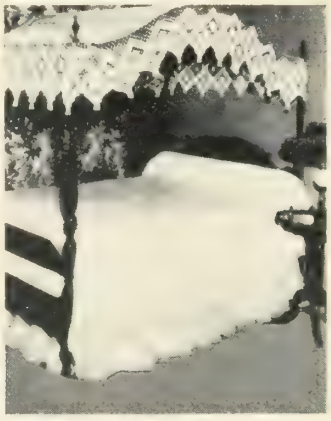
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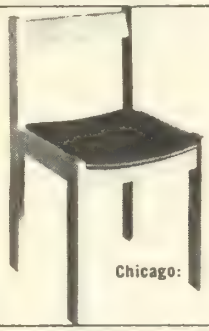
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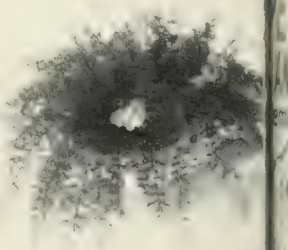
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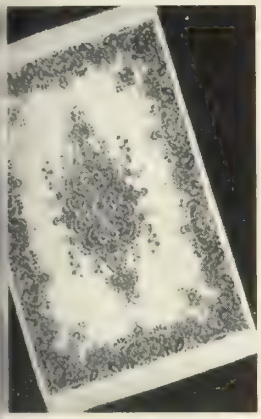
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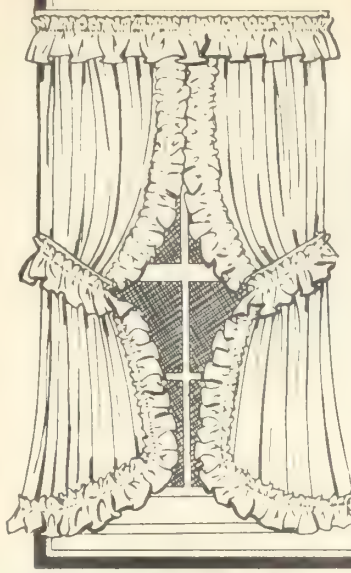


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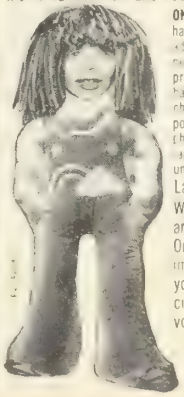
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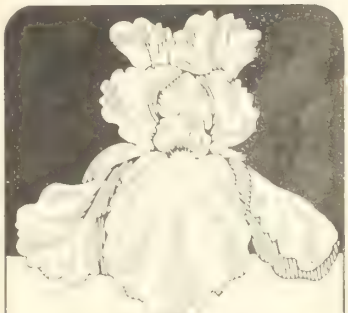
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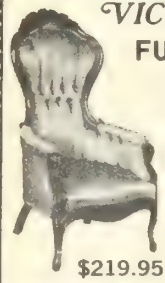


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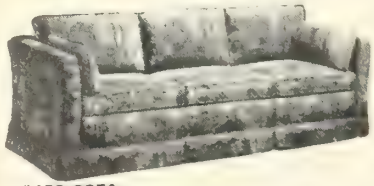
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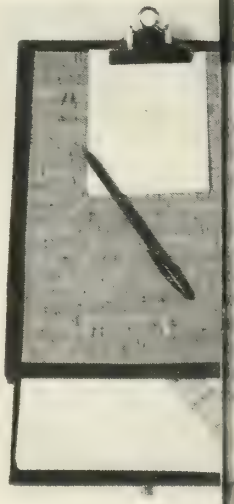


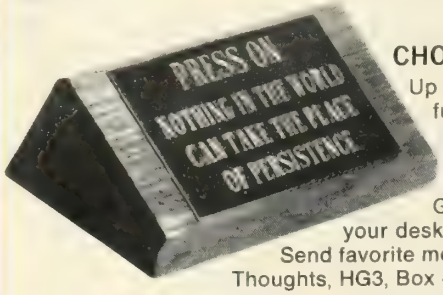
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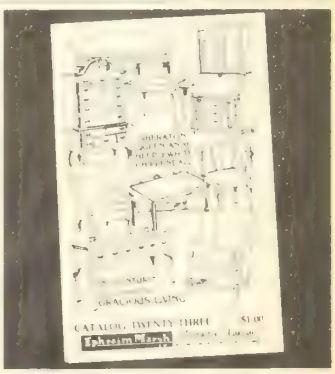


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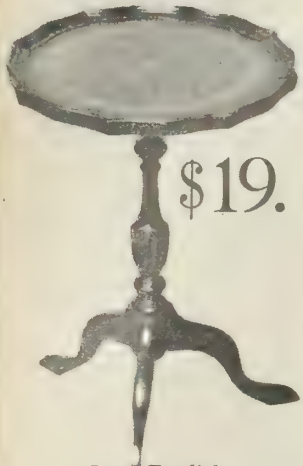
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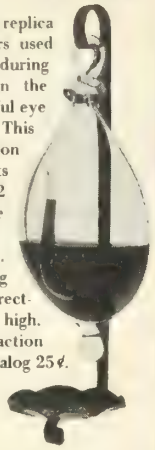


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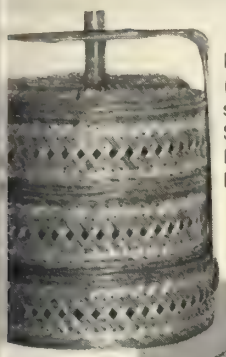




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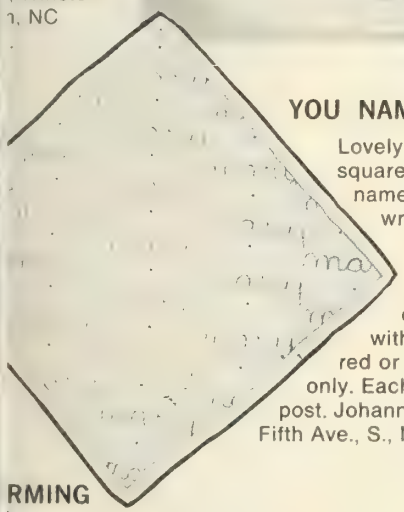


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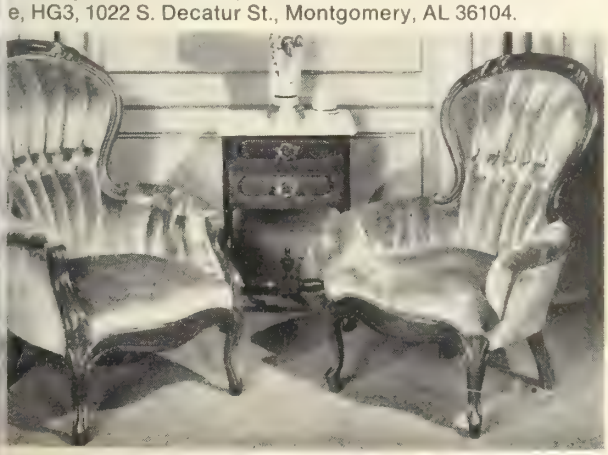


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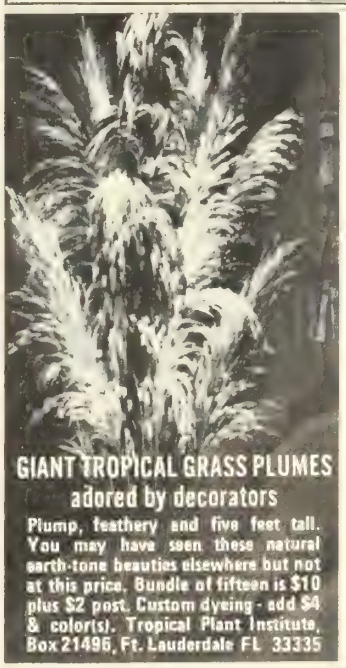
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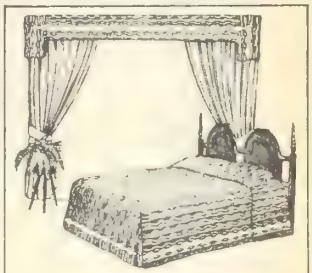
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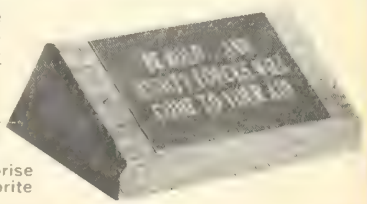
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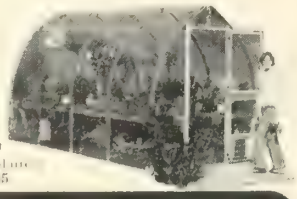
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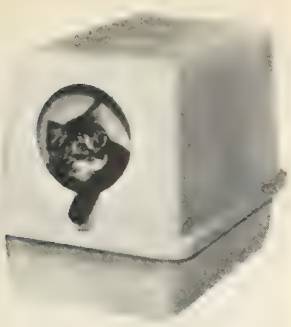
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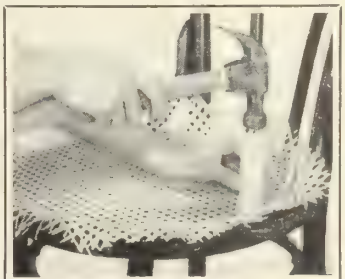
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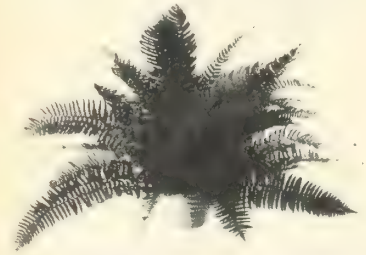
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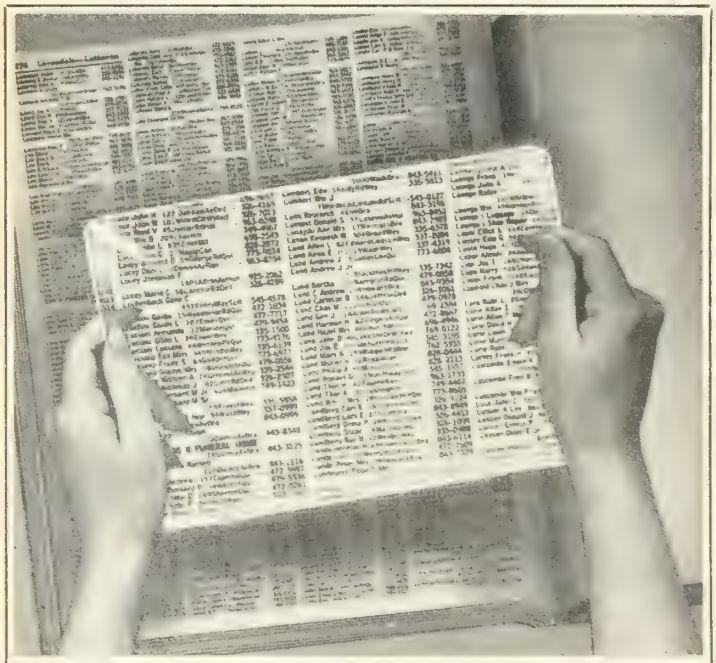
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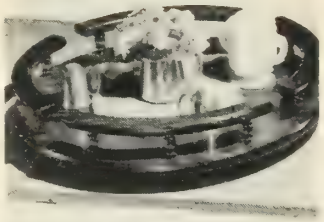
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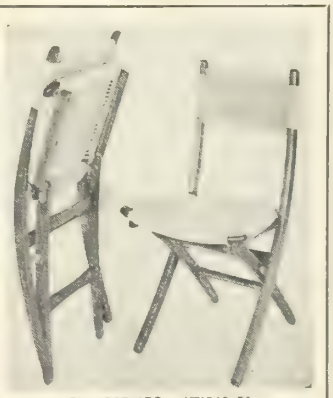
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Swiveling Susan centerpiece is handy holder for dining-table condiments, vase of flowers or bowl of fruit. Complete gallery rail and concealed ball-bearing swivel, 3¾" h., 18" dia. Pine and hardwood. Unfinished $14.95, antique finish, $24.95. Add $2.65 post. Yield House, G83Z, North Conway, NH 03860.



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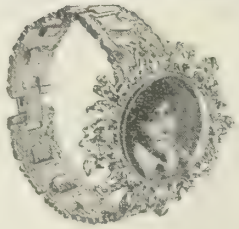
Homeowners resource book on th sweep's art. By Eva Horton, exec tive director of the National Chir ney Sweep Guild. Brushes, met ods; avoiding fire hazards; how clean the chimney yourself. 4 pages. Paperback, $1; vinyl cove $2. Ppd. Kristia Associates, HG Box 1118, Portland, ME 04104.



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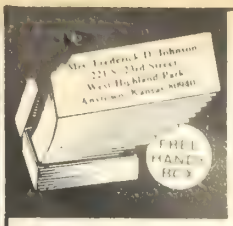
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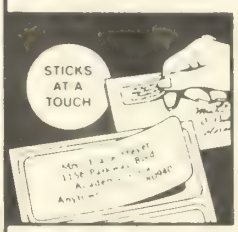
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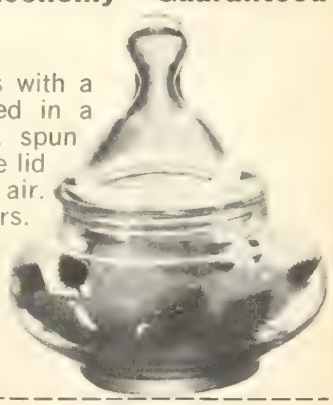
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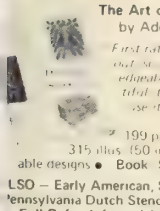
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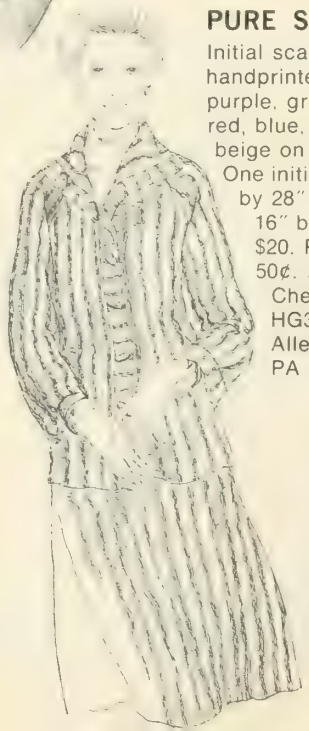
Marvelous, soft, gently flowing Qiana nylon shirtdress. Sash tie waist, covered buttons on bodice, cuffs. Machine wash, dry. Flattering colors: light blue, navy, mint. Sizes: 8-20; 14½-24½ $32 plus $1.50. Vicki Wayne, H3Q, 600 S. Country Club, Tuscon, AZ 85716.





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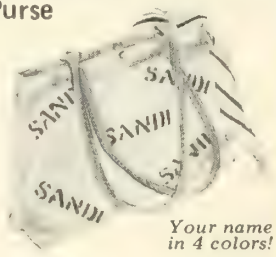
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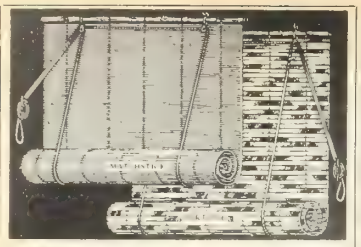
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BAMBOO SHADES

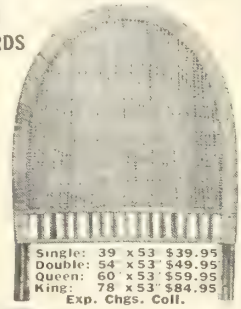
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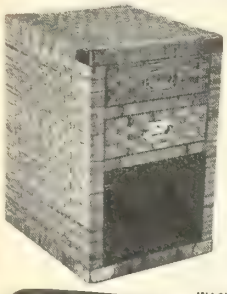
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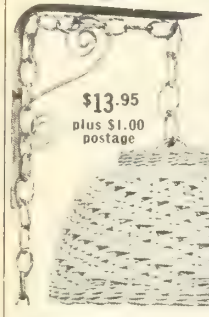
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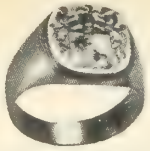
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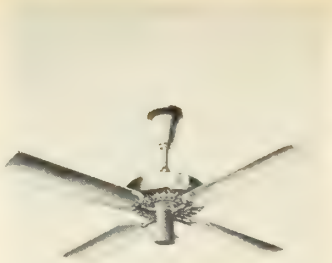
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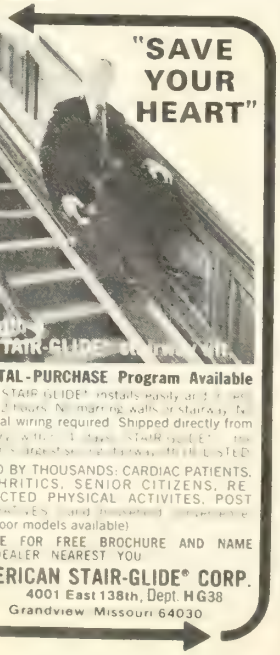


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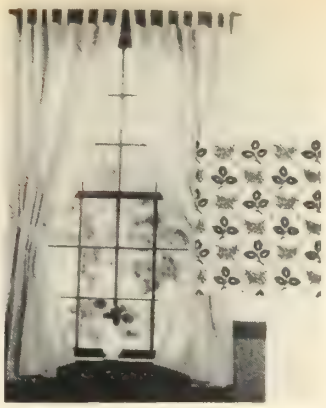
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Add $2 for postage. Order by mail, or phone 617-749-7830. Master Charge, Visa or American Express accepted

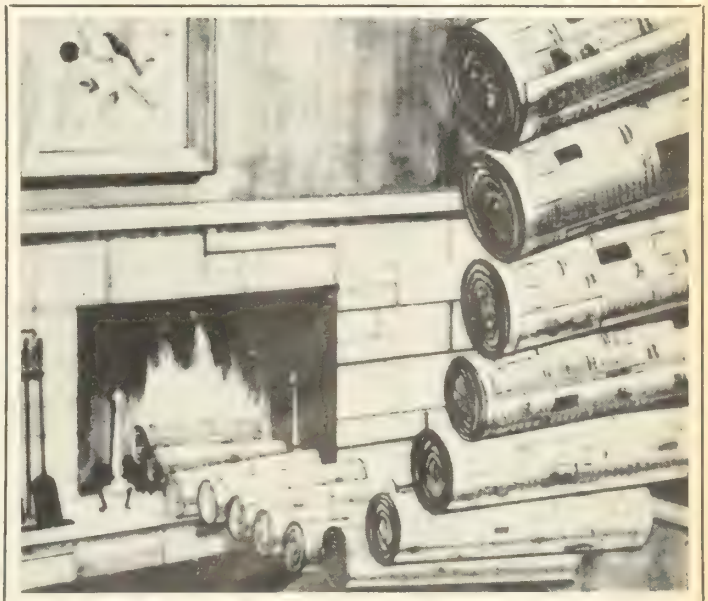
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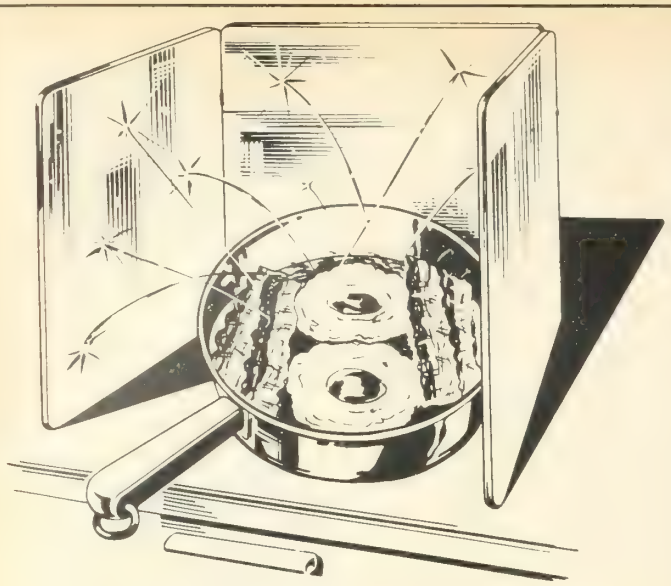


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Decorative calico or gingham pillow in cotton-polyester fabric with 100% polyester stuffing. Figure is in cap and gown, personalized with graduate's name and class year. Pillow colors: pink, red, yellow, blue, green, brown, pastel blue, pastel yellow. Overall size 16 x 17". Completely washable. Please print name & specify pillow color.

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Chrome plated steel frame. Butcher block top. Wire shelves. 34" overall h. 24x18" $125, 36x18" $155, 48x18" $175, 24x24" $140; 24x36" $180, 24x48" $210; casters $30. Crating chgs, $25. Exp. coll. Catalogue $1. J & D Brauner, HG3, 1735 No. Ashland Ave., Chicago, IL 60622.



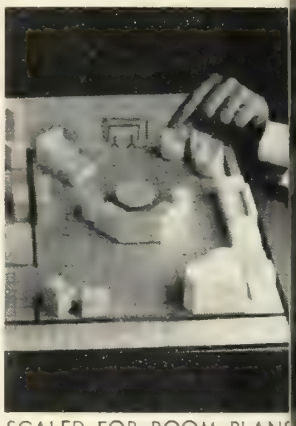
INDOOR-OUTDOOR MAT

Name goes through, won't off. Green turf polypropylene ca bonded to non-slick vinyl. band with name, message (u 17 letters) in dark green. 17 29" $13.95 plus $1.65 post.; by 34" $15.95 plus $1.85. Art Galleries, HG3, 2100 No. Ha Ave., Dallas, TX 75204.



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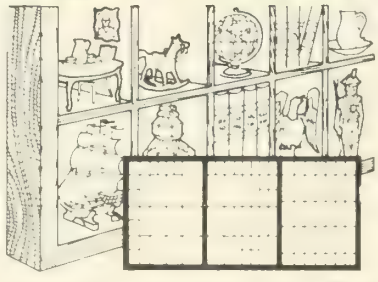
Miniature polystyrene pieces ½" to 1' scale to help plan room arrangements easily, c in kit with graph board, w windows, doors, and instructi Furniture includes variety plus place, piano. $9.50 ppd. Writ Plan-It-Kit, HG3, Box 429, W port, CT 06880.

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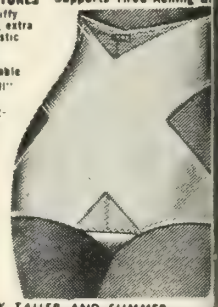
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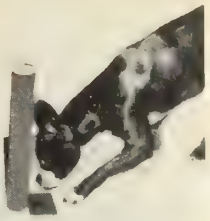
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w lids from ½" to 5" dia. are y opened in a one-hand opera- with Un-Skru. It fastens out ght under cabinets, a shelf or ter top. Wood-tone surface; no ing parts to break. $3.95 ppd. to Morgan Young, Dept. IG, 2208 E. Crescent, Missou- IT 59801.



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NEW EASY WAY GROWS TWICE AS MANY TOMATOES IN HALF THE SPACE!



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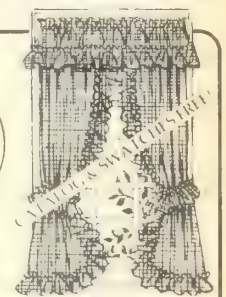
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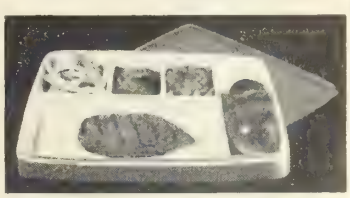
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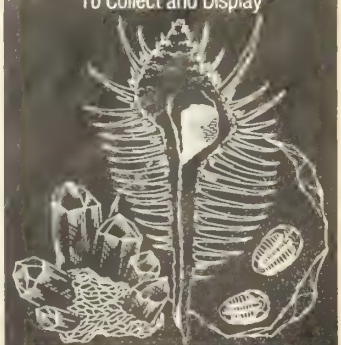
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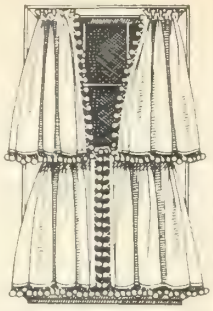


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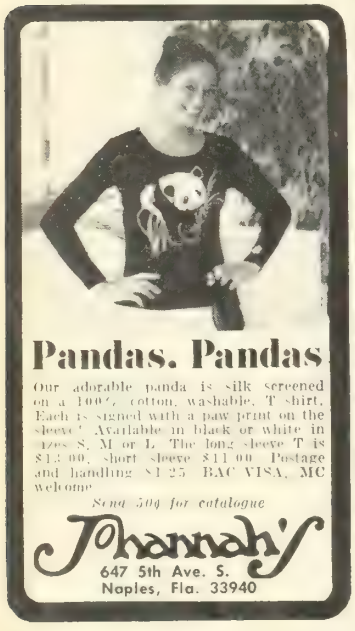
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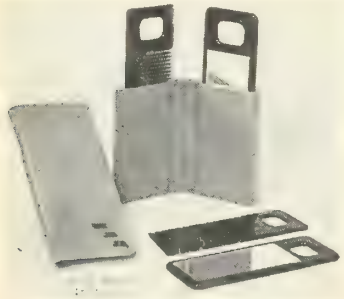


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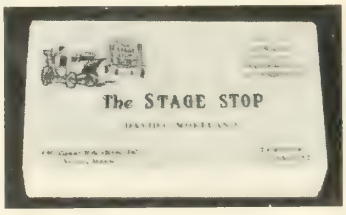


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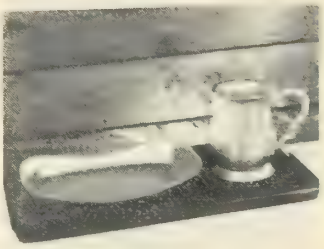
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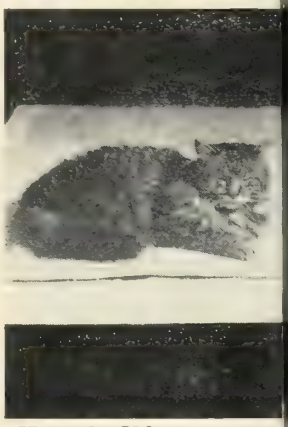
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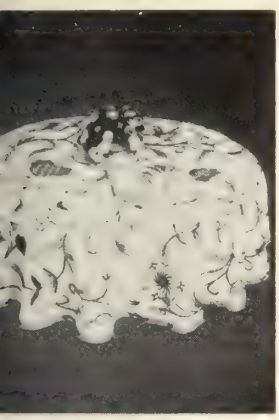
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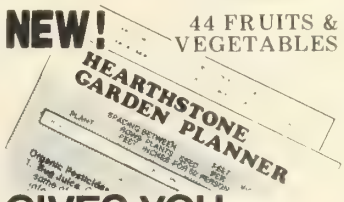
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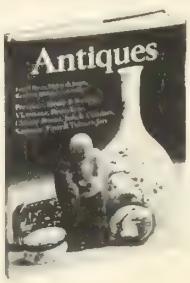


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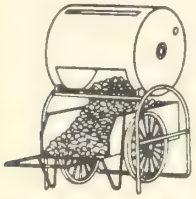
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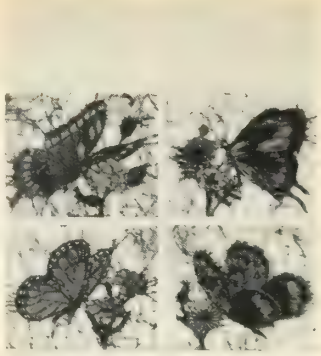
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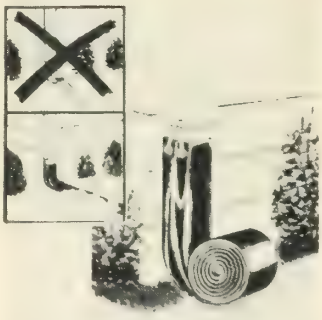
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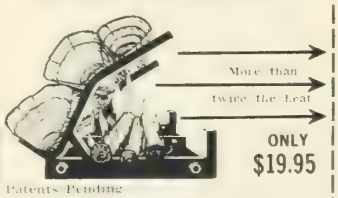
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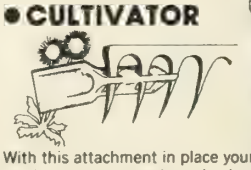
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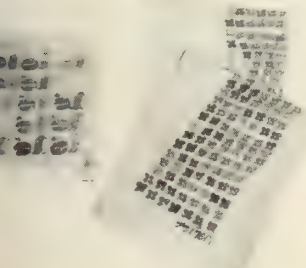
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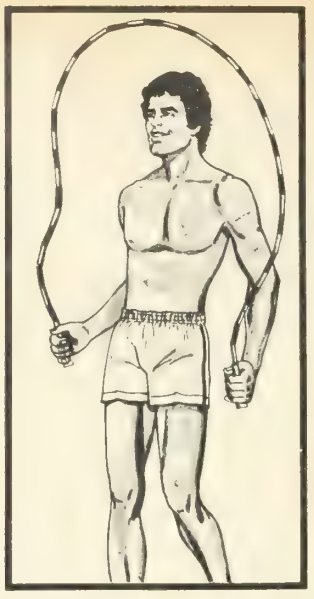
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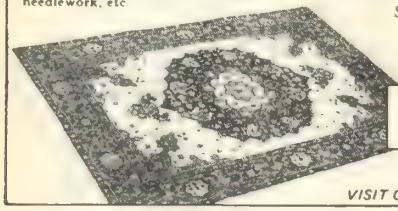
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Oil painting: By Doug Ohlson, 1976-7. $1,500. At Susan Caldwell Gallery.

Cotton durrie rug: From Coury Rugs.*

TREE-RIFIC Pages 124-135

Renny, 251 E. 62nd St., and 27 E. 62nd St., New York, N.Y. 10021.

Page 134, bottom

Sheets: At Pratesi

FLOWERS BY DESIGN, pages 142-143

Fabrics: From the Designers Guild collection. From Brunschwig.*

ROMANTIC ROSES, pages 146-147

1. Chaise: 37½" x 64" x 26" h. "New Wave" velvet upholstery. $840. From the Orientations collection. By Angelo Donghia for Kroehler. **2. "Rose" cotton tablecloth:** 70" round. $22.50. Napkin: 20" square. $3. By Elisa Daggs. At Lord & Taylor. **3. AM/FM Digital Clock Radio:** 7¼" x 10¼" x 1¾" h. Illuminated numerals. $79. By Weltron. **4. "Dalu" plastic lamp:** 10¼" high. $16. By Vico Magistretti. At Ambienti. **5. Upholstered benches:** 18½" x 18½" x 17" h. Tufted seats. White welt trim. $130 ea. Write Founders Furniture, Box 339, Thomasville, N.C. 27360 for nearest store. **6. Background:** "Tilework" vinyl wallcovering: 27½" wide. 27¾" repeat. At & Vice Versa.* **Center:** Vinyl acrylic wallcovering: #5C-849. 28" wide. 26" repeat. 30 sq. ft. roll. $12.95. **Upper left:** "Shangri La" vinyl wallcovering: #T 1041. 27" wide. 25" repeat. 30 sq. ft. roll, $9.90. Both at Thibaut. **Upper right:** "Tulip Grove" fabric wallcovering: 28" wide. 22" repeat. 35 sq. ft. roll. $16.95. By James Seeman Studios. **Lower right:** "Rhapsody" cotton and polyester glazed chintz: 45" wide. 22" repeat. $5 a yd. By Waverly Fabrics. At Higbee's, Cleveland. **Lower left:** "Puff" cotton: 50" wide. 17" repeat. From Groundworks.* **7. Rattan armchair:** 24½" x 21½" x 32" h. Bone finish. $399. By Baker. At W & J Sloane. **8. "Old Garden Roses" porcelain Limoges boxes:** 3" x 1" h. Limited edition; benefits to establish a Nat'l Center for American Horticulture. Set of 5, $500, including A.H.S. membership and two collector's prints. From The American Horticultural Society, Mount Vernon, Va. 22121. **9. "Marengo" china:** 20 piece setting for 4, $50. By Toscany. At Bullock's, Calif. and Ariz. **10. Upholstered sofa:** 92" x 34" x 27½" h. Loose cushions. $805. By Lee Industries. At Chase Furniture, Chevy Chase, Md.; Johnson's Fine Furniture, Toledo; Kanes, Sarasota, Fla.; Mark Hoffman Furniture, Oklahoma City, Okla.; Rich's, Atlanta. **11. "Bed of Roses" cotton and polyester percale sheets.** Pink or gold. By Carleton Varney for St. Mary's. **12. Japanese lacquered box of sandalwood soap:** 3 bars. $13.50 ppd. At Jenny B. Goode. **13. Upholstered chrome rocker:** 25" x 40½" x 31½" h. Padded arm rests. $349. By HTB Contemporary Designs. At Abraham & Straus, Brooklyn. **14. Left to right: "Moss Rose" glazed cotton chintz:** 56" wide. 16" repeat. From Greeff.* **"Blithe Spirits" vinyl wallcovering:** #T 1041. 27" wide. 25" repeat. 30 sq. ft. roll, $9.90. At Thibaut. **"Connoisseur" glazed Dacron and cotton chintz:** 54" wide. 24" repeat. Zepel finish. $8 a yd. By Bloomcraft. At Luxury Fabrics, Gastonia, N.C., Columbia, S.C., Nashville, Tenn.; Joseph Horne, Pittsburgh; J W Robinson, Los Angeles. **15. Brighton Pavilion Rattan daybed:** 80¼" x 31½" x 33¼" h. Ruby finish. Bamboo arms, back, stretcher. $3,000. By Baker. At W & J Sloane in May. **16. Cotton and Dacron polyester solid color percale sheets:** Peppermint, peach, lemon, poppy, yellow, powder blue, bone, mint, lapis, suede, copper, bark, bordeaux. Twin, about $8.50. Ruffled pillowcase, about $10. Selected colors at Carson Pirie Scott, Chicago; Garfinckel's, Washington, D.C. Sheets only, in selected colors, at Rich's, Atlanta. **17. "Medisign" plastic first aid center:** 12" x 12" x 3¼" deep. Movable partitions. $12. By Alan Spigelman. At Conran's. **18. Lacquered spice box:** 19" x 12" x 21½". $350. By Erwin Lambeth. Stores, see #30. **19. "Golden Aubusson" wool area rug:** From 4' x 6'6" to 8' x 11' uncarved, $219-$699. Carved, $399-$999. From the Orient Treasures collection by Karastan Rug Mills. **20. Camel back loveseat:** 56" x 28" x 32" h. Rolled arms. Kick pleated skirt. $572.50. By Lee Industries. At Chase Furniture, Chevy Chase, Md.; Johnson's Fine Furniture, Toledo; Mark Hoffman Furniture, Oklahoma City, Okla.; Rich's, Atlanta. **21. "Royal Garden" china:** 5 pc. place setting, $86.50. By Royal Worcester Spode. At Gump's, San Francisco; Marshall Field, Chicago. **22. Botanical Drawings Collection" welted throw pillows:** 10" sq. Glazed cotton chintz, $9 ea. By Waverly Fabrics. At John A. Brown, Oklahoma City, Okla.; M. Epstein, Morristown, N.J.; Petersen Harned Von Maur, Davenport, Iowa. **Background:** "Roses and Pansies" glazed cotton chintz: 50" wide. 27½" repeat. From Brunschwig.* **23. Upholstered wing chair:** 32" x 32½" x 47" h. $695. By Southwood Reproductions. At W & J Sloane. **24. Lacquered chinoiserie chest:** 38" x 18" x 32" h. $849. From the Whitehall collection by White of Mebane. In May, at Bonynge's, Oakland; Charles K. Jerrehian, West Chester, Pa.; Enterprise Wholesale*, Kansas City, Mo.; Fullerton Furniture Galleries, Whitehall, Pa. **25. Metal flip-top file:** 16½" x 10" x 6" h. Red, white, black. $21.95. At Design Research. **26. Red-rimmed hexagonal glasses:** 16 oz. highball, $18. 8 oz. old fashioned, $13. 12 oz. double old fashioned, $16. By TAITU u.s. for Keith Smith Ltd. At Nessa Gaulois, Miami; The Pavilion at Marie Leavell, Dallas. **27. Velvet sectional grouping:** Curved corners with attached table units: 69" x 33" x 29" h. $407 each. Curved ottoman: 44" x 33" x 18" h. $284. Armless, ottoman, curved corner, curved bumper also available. From CHARLTON Century 21. At Dialogue International, Lawrence, N.Y.; Pidgeon's Furniture Showcase, Des Moines, Iowa, and special order from Gimbel's, New York City only. **28. Plastic pitcher:** 10" h. Yellow, white, red. $8. By Copco. At Design Research. **29. Upper left:** "Juliet" vinyl walcovering: 28" wide. 22" repeat. 35 sq. ft. roll. $10.95. By James Seeman Studios. **Lower left:** "Macao" vinyl wallcovering: #274-7V. 27" wide. 25¼" repeat. 30 sq. ft. roll, $22. By Charles Barone at Thibaut. **Right:** "Poppy" glazed cotton chintz: 54" wide. 25¼" repeat. From Bassett Mc Nab.* **30. Cushioned chair:** 35" x 37" x 31" h. $380. Ottoman: 32½" x 16" x 19" h. $220. Write Erwin Lambeth, Box 671, Thomasville, N.C. 27360 for nearest store. *To get the 1978 House & Garden Color Chips (which include the Romantic Roses), see page 187.*

ROOMS LIVE TWICE, pages 160-161

Handwoven wicker chair: Chrome frame. $380. From Harvey Probber.*

"Winter Oak" acrylic carpeting: $20 a sq. yd. installed. From Vince Carpet.*

Photographs: Courtesy of LIGHT Gallery.

Pages 162-3

"Colony Point" indoor/outdoor polypropylene carpeting: 12' wide. Resists soil, rot, mildew, most harmful chemicals. All-weather cushion back. About $6.50 a sq. yd. By Ozite.

BUILDING FACTS

Materials, equipment in house, page 156

ARCHITECT: Donald Chapell

INTERIORS AND LANDSCAPING: Donald Chapell

CONTRACTORS: Caramagna & Murphy

SIZE OF HOUSE: 2,300 square feet

SIZE OF LOT: 1½ acres

STRUCTURE

Foundation: Full basement with poured concrete walls on concrete footings.

Framing: Standard wood frame construction of walls, floors, ceilings, and roofs.

EXTERIOR OF HOUSE

Exterior walls: 1-by-6-inch rough sawn vertical cedar siding by Potlatch Corp.

Exterior paints: White paint by Pratt & Lambert, Inc.

Roof: Flat roofs with built up roofing—4 layers of bituminous-coated building paper.

Decks: Spruce boards.

Insulation: In walls, 4-inch batts of fiberglass; in roof, 6-inch batts of fiberglass by Johns-Manville.

Windows: Custom made, wood frame, fixed glass panels; stock wood frame awning sash for ventilation by Woodco Corp. Insulating glass in all windows.

Doors: Wood, custom made.

INTERIOR OF HOUSE

Interior walls: In major rooms, 1-by-6-inch rough-sawn vertical cedar siding. Bridge and stair walls, sliding panel walls, kitchen and bathroom walls of wallboard.

Ceilings: Wallboard.

Interior paint: Emalj, high gloss white by Masury Paint Co. Div. of Conchemco Co.

Continued on page 219

READY FOR SPRING



Fiestas of flowers, a harmless herbicide, zinnias top this year's list

BY JAMES FANNING



Dianthus Snowfire is a low mound studded with red-centered white flowers

Great spring shows

Regardless of what the weather may or may not be doing, spring begins with flower shows. Time was when the shows were rich men's competitions, intended to pit the horticultural skills of estate gardeners against one another. Today wealthy exhibitors are few, and most of the expert horticulturists work for commercial organizations. As far as the gardening public is concerned, this is an improvement, since the flower show displays are designed to give practical instruction for homeowners. Seedsmen and equipment manufacturers are well represented at the shows, so that comparison shopping may be done in a real garden atmosphere. A carnival spirit prevails, and there can be no better way of celebrating the end of winter and the beginning of the year's sweetest season than by spending a few hours at a flower show. In 1978, the nation's two oldest shows will be bigger and better than ever. The one in Boston will be staged at Commonwealth Pier from March 11 to 19. In Philadelphia, the show will be at the Civic Center from March 5 to 12. And one of the newer flower shows, the one in Chicago, has now earned the status of an established annual feature. This year's will be at McCormick Place from April 1 to 9. Hours of opening and admission prices vary from show to show, in some cases from day to day. The wise flower show-goer will plan to arrive in midmorning, lunch at the show, meet friends, and, in general, have a gardening bash.

Chicken Little rides again

Viewers-with-alarm have been having a field day. Every few weeks some common chemical—often one used in agriculture—is "shown" to cause cancer or to have some equally frightful effect. What the doomsayers carefully avoid mentioning is that the so-called proofs of dangerous effects are the result of laboratory experiments that have little relation to actual use of the materials in question. The chemicals tested are applied in concentrations and in ways that are simply never encountered in actual use. Plain fact of the matter is that *anything*, applied in unnatural ways and in concentrations far in excess of any naturally encountered, will have bad effects. Weedkillers, insecticides, and fungicides as used in the home garden or commercial crop production are subjected to the action of rainfall, sunlight, soil organisms, plant enzymes, cooking temperatures, and finally, to the action of powerful digestive juices in the human stomach. These factors play no part in the customary laboratory tests. This is not to say that chemical pesticides are completely blameless. Some, like DDT, have turned out to be definitely dangerous. But the case against others, such as the herbicide 2,4,5-T—much in the news of late—has simply not been proven. Knowledgeable gardeners will go on, as they always have, using pesticides as needed, but *only* as needed, never in excess, and strictly according to the manufacturer's instructions. They will also make sure their spray equipment is working properly, free from wasteful leaks and delivering the solution as a cloud of fine droplets for even, effective coverage.

All-American

The 1978 list of All-America Selections is headed by four zinnias. It may seem a bit strange to select four varieties of just one kind of annual plant for one year's list, but this is actually a good example of how carefully AAS looks after its customers. The selections in question were made during the past 3 years, but it was not until 1977 seed crops were in that AAS officials decided that there was enough seed on hand to be sure of filling orders for 1978 delivery. Now there *is* enough seed, so all you have to do is look for the red, white, and blue shield on packets of zinnias "Red Sun," "Yellow Ruffles," "Peter Pan Cream," and "Cherry Ruffles." The names describe the colors—all are large flowered, with medium height, except for "Peter Pan Cream," which is low and compact. The only other flower on the 1978 list is dianthus "Snowfire," white with a cherry-red center, on a rounded, 6- to 8-inch-high mound of blue-green leaves. The other standouts for this year are the disease-resistant cucumber "Liberty," the compact, large-fruited tomato, "Floramerica," and a long-season, highly productive watermelon, "Sweet Favorite."



Tomorrow's roses

Roses are older than gardening, newer than tomorrow. Each year we are made aware of this by the All-America Rose Selections. These are made by a nationwide test program sponsored by commercial rose growers to evaluate new roses as they are introduced. After several years of testing, two new roses have been considered worthy of being called the AARS selections for 1978. These are *Charisma*, a floribunda with huge clusters of waxy-petalled scarlet and yellow flowers on a vigorous, healthy plant, and *Color Magic*, a hybrid tea with true rose-colored petals, shading to pale pink at the center. The AARS selections will be available at nurseries and garden shops everywhere for planting in the spring of 1978. For ordering by mail, Jackson and Perkins (Rose Lane, Medford, Ore. 97501) and Star Roses (Box 231, West Grove, Pa. 19390) both specialize in the All-America selections and also handle a wide selection of other roses. Both catalogues are free for the asking.

Color Magic is the All-America hybrid tea rose for 1978. A true rose color, the urn-shaped flowers have lighter centers.

. DECORATE WITH COLOR. Learn "How be a Color Schemer" with this dramatic 3-page booklet filled with ideas and facts help you decorate in the way you've al-ays dreamed. Learn how upholstery fab-cs of Herculon Olefin give you freedom color choice, built-in stain resistance, nd lasting color. From Hercules Inc.

. "WHEN YOU WANT EXCITEMENT, NOT UST FURNITURE"—a catalogue filled th fine furniture from Gordon's. Many atched sets of tables, desks, commodes, nd other pieces in a variety of finishes to it any decorating need or taste. $1

Eating and entertaining

THE 75TH ANNIVERSARY COOKBOOK om Kraft contains 335 recipes, full-page lor photographs, glossary of cooking rms, ingredient substitutions list, table equivalent measurements, and complete dex to recipes. A vinyl looseleaf binder th fold-down easel displays recipes up-ght for easy reference during cooking. e Kraft Cookbook. $4.95

COOK WITH COCOA—for rich, moist, ocolaty desserts. Picture-card portfolio atures original tested recipes for a vari-y of appealing, cost and convenience-nscious desserts, cookies, candies, etc. set of blank cards provides space for ur own favorites. "The Dessert Collec-" from Hershey Foods Corp. $2.95

. ESCAPE TO THE ISLANDS TONIGHT. e makers of Tia Maria bring you a myriad ways to enjoy this exotic, rich coffee ueur—in a score of new and exciting inks and as a delicious enhancement r dessert and main dishes. W.A. Taylor.

Gardening

.. HOW TO GROW MORE AND BETTER GETABLES. Informative 16-page booklet provides the basic information needed to have a successful, prolific vegetable garden. Includes advice on how and when to plant or seed, how to fertilize and look after the garden, and answers to many of your basic questions. O.M. Scott & Sons.

12. 1978 SPRING ALL-COLOR FLOWER AND VEGETABLE BOOK. 124 pages containing over 3,000 varieties, many rare and unusual. New introductions include Dianthus Lace Mixture, Coleus Tie Dyed Gold, Begonia Basil, Cantaloupe Scoop Hybrid, Cucumber Whopper Hybrid, and Tomato Bitsy VF Hybrid. Valuable cultural information and germination tables featured. George W. Park Seed Co., Inc.

Potpourri

13. SELECTING A LEGITIMATE CHARITABLE ORGANIZATION. Christian Children's Fund has produced a booklet, "Choosing a Charity," to assist the prospective donor. This nonprofit and nonsectarian organization has been dedicated to serving the needs of children throughout the world since 1938.

14. "UNDERSTANDING HIGH FIDELITY"—a booklet designed by Pioneer Electronics Corporation to demystify the principles and terminology of hi-fi, and to foster a wider, clearer appreciation of its basic components. Each piece of the hi-fi system is explained in detail; plus a buying guide and a glossary. $2

15. THE LIST IS NEARLY ENDLESS . . . vinegar cleans tile, floors, walls, even the kitchen sink—all for pennies. In the "Heinz Vinegar Almanac," find ways to freshen up drains, clean the air in smoke-filled rooms, put a shine on a variety of surfaces. Fresh-scented, nontoxic, nonabrasive Heinz Distilled White Vinegar can help you solve a host of light duty household cleaning problems. 25¢.

Order coupon for booklets

March, 1978

Circle the number of each booklet you want, and enclose check, money order, or currency in amount indicated for those requiring payment. Add 50¢ for postage and handling. No stamps. Allow up to four weeks for delivery.

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Box 3579, Grand Central Station, New York, N.Y. 10017

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100 easy decorating ideas
continued from page 137

ON THE WALL

● Hang similar posters or prints edge-to-edge all in a row on one wall or on both sides of a corner for a dynamic effect. Or, arrange several of the same picture together as they do in the Paris Metro.

● For instant kitchen art: a cooking collage. Collect labels from boxes and tins of your favorite delicacies—or labels from memorable wines—glue on to a board or a piece of Styrofoam. If you shellac it, there's no need for a glassed-in frame. For other rooms, use old postcards, ticket stubs, or photographs.

TABLE TURNING

● The disappearing table: terrific in a room that must double for living and dining. A handsome lacquered or glass tabletop can be hung as wall art; for dinner, bring wood or chrome sawhorses out of storage, and pull up a chair.

● The convertible table: Hinge a Formica or butcher-block shelf to a wall or to the top of a desk or counter to open out for dining, working, or sewing.

● The basket table: A large lidded woven willow basket works as a sturdy table and moonlights as a storage bin. Conran's in New York has them in many shapes and they're paintable.

LET GREENERY BE YOUR SCENERY

When you decorate with plants, you should know how to show them to the room's advantage. Here, a few ideas from decorators.

● "When you spotlight a plant from above, or underlight it with a floor light shining up, it has a marvelous effect on the entire room." Mimi London.

● "Use sets of nesting baskets, inverted, as pedestals for plants. Or, if you like to use clear acrylic pedestals, put one or two plants inside: It's like a terrarium for them, and an interesting arrangement for you." Prudence Spencer, Linda Carbutt, and Kate Wharton of Now and Then.

● "Big plants, even in small spaces." Charlotte Finn.

● "Put trees in tubs. Orangerie tubs, square tubs, porcelain tubs, metal tubs. Place them geometrically in pairs, fours, sixes." Robert Denning.

● "Use flowering plants to pick up colors in a fabric or painting, and to generate color in a room where color is needed." Robert Metzger.

MORE PLANS FOR PLANTS

For hanging plants, nothing beats sturdy, almost-invisible nylon fishline, the 40-pound test or more. It's a good idea, too, to use fishline as back-up support for macramé and leather thongs that can deteriorate.

A bathroom is a good place to grow ivy and other plants in colorful bottles filled with water. Keep water pure with a piece of charcoal from the fireplace, not the treated kind for barbecue grills.

If bare soil under an indoor tree bothers you or entices pets or toddlers to dig and scatter, cover it with dark polished river rocks or firbark chips, or underplant tree with a trailing plant.

One good turn deserves another. To keep plants from reaching toward the sun and growing lopsided, turn a pot a quarter-way or halfway around every week or two. For heavy plants, try a platform on wheels or casters, or a lazy Susan.

To move a plant on an uncarpeted floor, save your back by keeping it on an old piece of rug, pile-side down, for easy sliding.

To support tree-form plants or climbers that must be tied to stakes, use strips of nylon pantyhose cut as rings to rubber-band size. Almost invisible, they stretch with the growing plants.

Pedestals make small plants seem tall, bring them closer to the light, lift them off floors that are not spillproof, and move them beyond the reach of toddlers and pets. In a grouping of small plants, even an upended flowerpot can add height.

It's almost impossible to empty a saucer if you over-water a big plant. A basting syringe, or a sponge, and handy pail could come to the rescue.

Variety is the spice of life. Nature always lowers temperatures at night, and plants expect it. They need the drop both to absorb the sugars their leaves have made all day and to rest.

Plants outgrow pots as babies outgrow bassinets. When repotting, do it gently in a pot one size larger, tucking in the soil mixture firmly. The plant should not receive bright sun for a few days while it adjusts to the change.

Hanging a plant from an exposed beam is easy with screw-in eye hooks. If beams are concealed, tap to see if they are spaced at the usual 16-inch intervals from the corner. In doubt? Use a butterfly bolt, the only safety with plasterboard.

COLOR

What the pros are doing

● Myron Goldfinger likes warm accents of bright purples and reds in an otherwise white, light room.

● Robert Metzger enjoys taking a color you love and varying its hue and intensity so you feel luxuriously engulfed in it.

● Angelo Donghia envisions an all-white background with a pale blue ceiling, and all furniture and pillows covered in red.

● Robert Denning uses color on the ceiling to dramatize the room. An ultramarine ceiling with dark burgundy walls and white trim, for instance. Or terra-cotta ceilings above dark patterned walls, light wood trim.

● Charlotte Finn loves apricot upholstery, bone-colored walls and floors, and bone moldings brushed with gold.

MOLDING ON A ROLL

Here's a fool-the-eye molding you can roll out whenever a little accent is needed: a glue- or iron-on edging in two widths (13/16 inch or 2 inches) that comes in a handful of wood finishes. Use it as instant trompe l'oeil on door panels, or as a chair-rail-height band to divide a pale beige dado from a camel-colored wall. Or imagine diagonal strips crissed and crossed as trellis for a garden room or bedroom. Wood Trim by Weldwood.

CLOSET CASE

If there's an extra closet in your life, put it to work for living. Here's how:

● Turn the hall or living-room closet into a bar: Replace door with louvered shutters, install a half-height refrigerator with shelves above. Mirror behind the shelves makes the glasses sparkle.

● In the dining room, a closet with door removed can be fitted with glass shelves and lit from above or below to display porcelain and crystal.

● In a kitchen or bedroom, how about a mini-office? A set of file cabinets in a double closet with sliding doors, a desk top stretched between them, lots of shelves to hold work and correspondence.

● Or remove the doors and curtain the closet as a romantic alcove for your bed's headboard. In the baby's room, a crib will fit lengthwise into the curtained nook.

● Closets make good sewing rooms, too. Put your sewing-machine cabinet inside, install shelves or cabinets above, and line door with pegs for thread, equipment.

● If you have a walk-in closet, it could become a room for the pursuit of hobbyness. For a craftsman, there's no luxury like being able to spread out all the paper, fabric, paste, and paint needed for découpage, glazing, model-building. With a little more expense, you could even develop your own darkroom.

THE QUILTING BUG

● A quilt's twice as nice if you make it reversible: same pattern in two color schemes, or complementary schemes in two completely different patterns.

● You can make your own patchwork curtains, tablecloths, pillow fabric out of the odd scraps and accumulate from projects. Just zigzag odd shapes together on the machine.

● Or cover a nice old trunk with patchwork squares. It's a good idea to paint the surface white first, so the fabric colors stay clear.

● And cut-paper quilt patterns can cover a pretty box. (For complete instructions, see House & Garden, March, 1977.)

MORE SUSPENSE

● Necklaces and chains, scarves and ribbons, can decorate a bedroom or dressing room wall.

● A ready-to-go way to hang it up: New York's Ad Hoc Houseware's big metal grid is 2 by 8 feet of clean, good-looking storage; $70.

FABRICADABRA

● A good-sized shawl is a pretty covering for a bedside or chairside table, or as an armchair throw.

● In a bed or dressing room, why not slipcover chairs and storage boxes with terry cloth? Glue it to the boxes with white waterproof glue; tuck it around a chair and gather the bottom with ribbon.

● Or, in a room where most of the furniture is upholstered, you can get a quick effect just by covering sofa and chair backs with quilts and afghans. ■

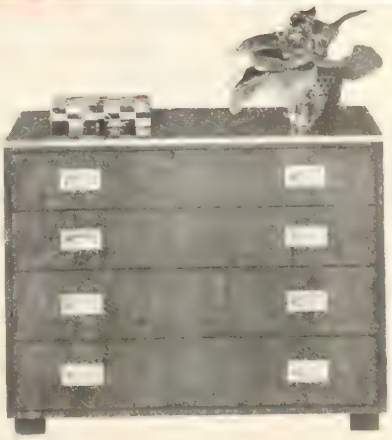

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Available through many fine stores, the collection may also be seen in Baker, Knapp & Tubbs showrooms through your interior designer or furniture retailer. You are invited to send $3.00 for the catalogue. Dept. 926, 10 Milling Road, Holland, Michigan 49423.

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APRIL
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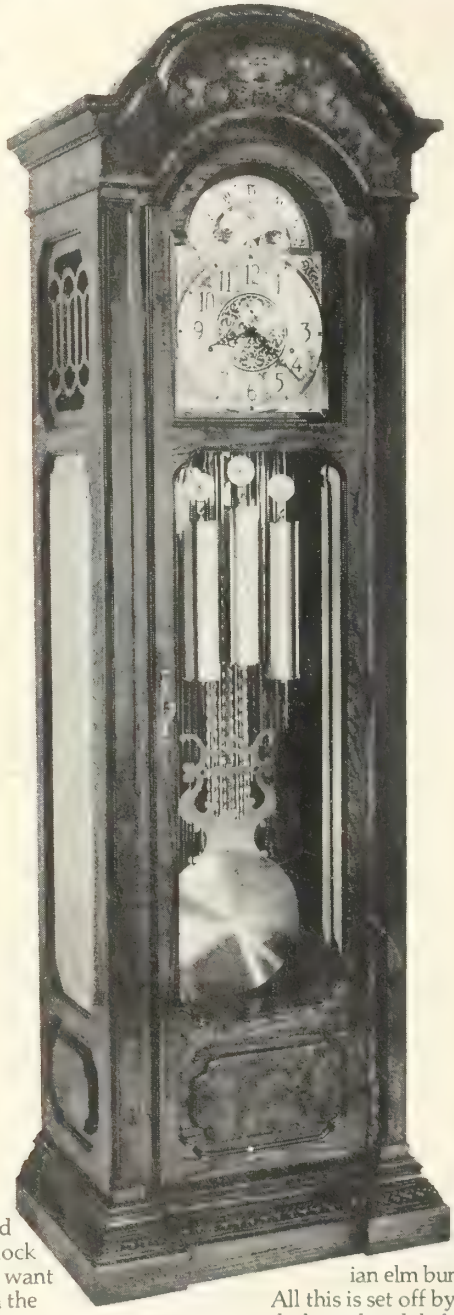
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BEADLE

On the cover: An airy blue-green on ceiling, walls, and window blinds looks as though the plants breathed it there, and makes the ficus, ferns, and flowers feel at home in this garden of a living room.—Flourishing, too, is "Chinese Gardens" glazed chintz by Clarence House, patterned with graceful blooms in gentle colors. On the straw-laminated cocktail table, lacquered in House & Garden Vanilla, Chinese red boxes from Lorin Marsh, J. Garvin Mecking ceramic footbath/planter with a blue cineraria, and a porcelain melon jar from John Rosselli Antiques. All upholstered furniture by Henredon at W & J Sloane. Cocktail table by Roe Kasian. For shopping information, see page 222.

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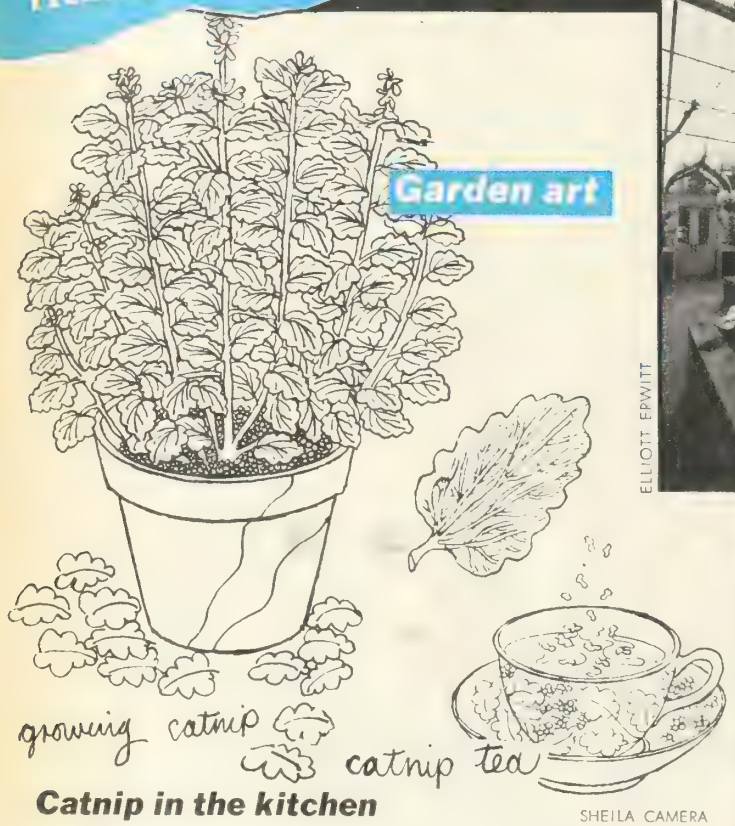
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Catnip in the kitchen

SHEILA CAMERA

There's nothing like fresh catnip. Ask any feline. The dried goodies sold in pet stores simply can't compare. If you don't have a cat, well, it makes a great tea, though why an herb which sends a cat into frolicking frenzy should be soothing and relaxing to humans is a mystery to me. Appropriately named *Nepeta cataria,* the plant is an easy-to-grow member of the mint family. As with all mints, it tends to grow spindly if not constantly pinched back. Regular harvests for yourself or furry friends remedy this problem. Another possible cause of spindly growth is insufficient sun. Though the cat might not object to the straggle, esthetically it does little for the plant, which is otherwise rather attractive. So keep your catnip in as sunny a spot as your home affords. Use a rich, loose soil with a teaspoon of lime per pot. Keep the soil constantly moist, and fertilize monthly with a balanced solution such as 20-20-20. That's all it takes to keep the plant—and the cat—happy.
RICHARD LANGER.



ELLIOTT ERWITT

The glittering prize

There will be cause for celebration this spring when the historic glass conservatory of The New York Botanical Garden is reopened March 18. The completion of the $4 million project, begun with a major gift from Mrs. Enid Haupt, in whose honor the conservatory will be named, is a testament to the dedication and determination of the Board of Managers to find private funds in the face of the desperate financial straits of New York City. Horticultural exhibits are planned for the conservatory's immediate opening. A gala, The New York Botanical Garden 1978 Spring Party, is being organized by co-chairwomen Mrs. Gardner Cowles and Mrs. R. Thornton Wilson Jr., and Carlton B. Lees, the garden's gifted horticulturist and designer. The party will be the evening of May 9. To quote designer Billy Baldwin, "this place has magic!" The remark came at a fund-raising ball given last spring to mark the restoration's halfway point. The 90-feet-high Palm Dome, the focus for dining, was transformed with impatiens, bougainvillea, and hanging baskets of nasturtiums and double Reiger begonias in which long tapers were lit and reflected in the glass panes. Guests entered an all-white garden where baskets of white caladiums hung from trees underplanted with white azaleas and fragrant white hyacinth. A grass-turf pathway illuminated by low lights in clay flower-pot lampshades led guests to a dance floor marked with potted boxwood, tall pink and red geraniums, and amaryllis. Some called it the prettiest party they'd been to in years. The conservatory, designated a New York landmark, was built in 1899-1902 and is now being rebuilt under the direction of Edward Larrabee Barnes. In the restoration effort last summer, 150 students were brought into a work project preparing the plant beds for the great exhibition halls. One of the most exciting will be The Children's Green World, a place where "touch, don't just look" will be the way young people are introduced to the beautiful world of plants and flowers.



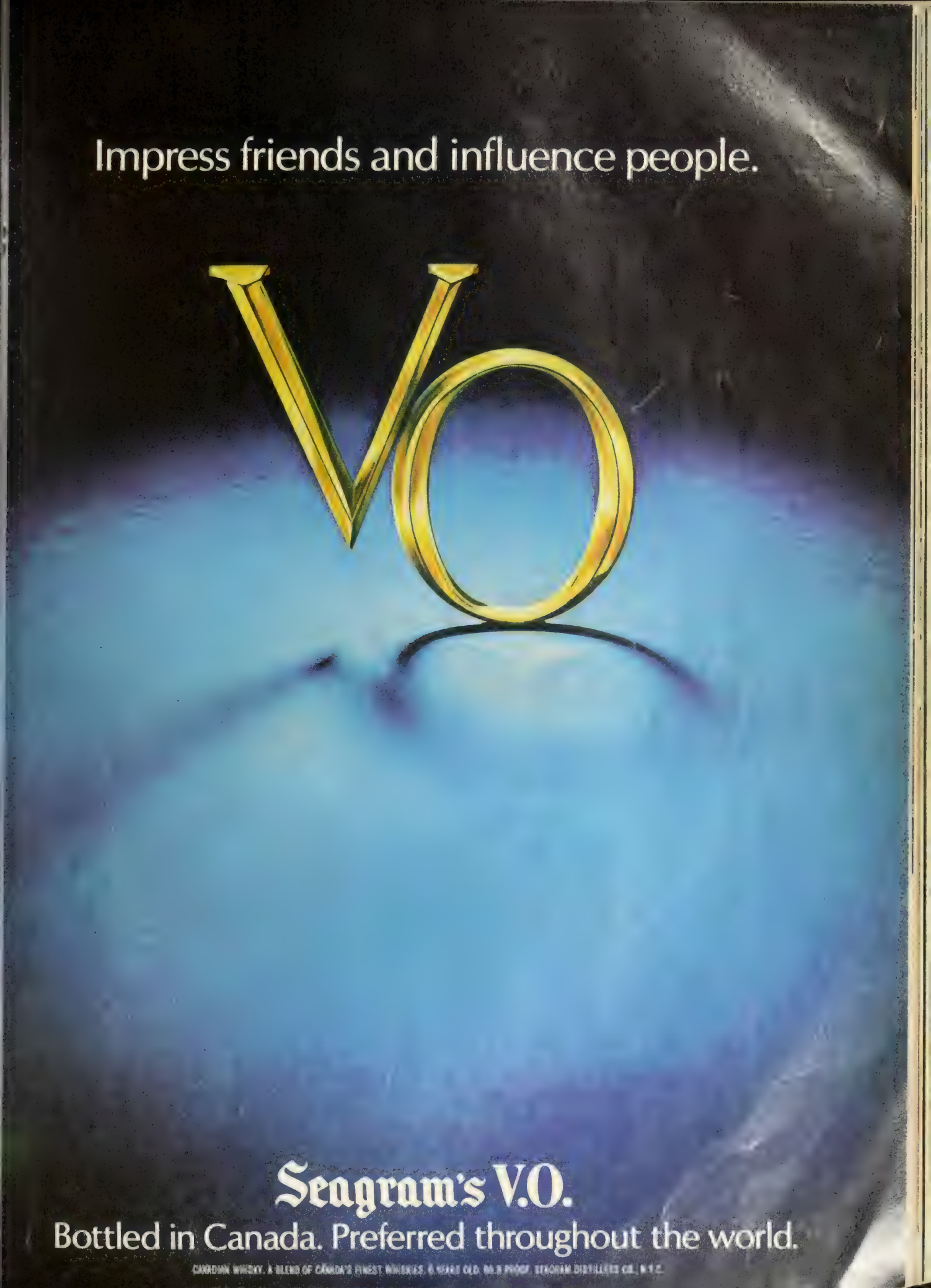
Chocolate mousse in a tiny pot

Shelf life

A collector of small-scale African art recently decided to install new shelves to display his pieces. Philip Gabriel in association with Howard Brandston Lighting Design, New York, designed ¾-inch plywood wedges that are hollow. They attach to the wall with a cleat that is either screwed in or nailed. The collector painted the wedges the color of his walls and when the track lighting system is lit, they float.



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Living

How to shirr a Wall



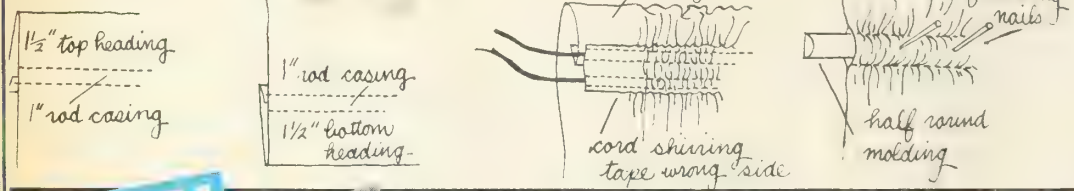
One of the prettiest, most romantic treatments for a hallway or an unadorned expanse of wall is shirring, top and bottom. It's also a great disguise for walls that are cracked or are covered with a peeling wallcovering. No-iron sheets do it well, because they're still a bargain and easy to care for.

To measure for the number of sheets you'll need, multiply the width of the wall in inches by the degree of fullness you want in the gathers, usually two or three times the width. Then divide by the width of the sheets you've chosen.

To prepare each sheet, measure the height of the wall, fold the sheet under equally at the top and bottom, and press. (If you don't have enough material for the height of the wall you can face at the bottom.) You will need a casing 1-1½ inches deep at top and bottom, so allow for it when measuring height. Stitch down the edges top and bottom ½ inch; make another row of stitches 1-1½ inches above that. This is the casing for a café curtain rod or a 1-inch half molding. We suggest that if there are windows or door frames, you make separate panels for them. The edges will blend into the overall shirred look.

To attach the fabric, use curtain rods, half-moldings, or, if you've used shirring tape, staple it to the wall.

For further tips and ideas, consult *Decorating With Fabric,* (Butterick Publishing, $9.95) a new book by Judy Lindhal.





EDWARD OLEKSAK

Welcome to the fold

Wrap-around sunglasses have been fashionable for some time, but glasses that wrap? They're here. Hinges at the bridge of the nose, at the temples, and half-way down each ear stem allow the glasses to fold into a compact 3-inch square. Shown is "Bradley." Your optometrist can replace the lenses with your prescription. $30 at department stores.



Making arrangements

Fresh ideas for your dinner parties are flowing, with the expert help available from Eleanor Pompili who achieved recognition designing tables for Tiffany. She will spend a day in your house, anywhere in the country, working with what you have, developing new ideas for your table settings.

The day usually starts with a shopping trip to the grocery store to buy vegetables for centerpiece arrangements. "They're more unusual than flowers." She will go through your house finding objects in other rooms which come to the table as fresh decorations. For example, she might retrieve antique linens from the attic, or unused fabrics put aside in a drawer. "It's a teaching process," says Miss Pompili. "I try to bring out a person's ability to design her own table in her own style."

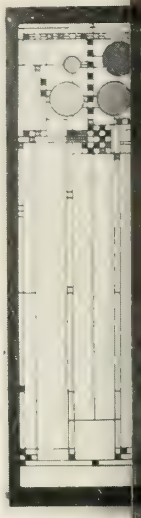
Many different settings are created, then photographed and presented in an album for you to refer to when you're planning your party. "It's seeing things differently," she explains. "Everyone knows how to set a table, but you can develop a new style with a fresh eye." A day's lesson, which includes help with organizing linens, china, and glass, is $250 plus expenses, which may be shared by a group living in the same area. For complete information write Eleanor Pompili, 147 East 81st Street, New York, N.Y. 10028.



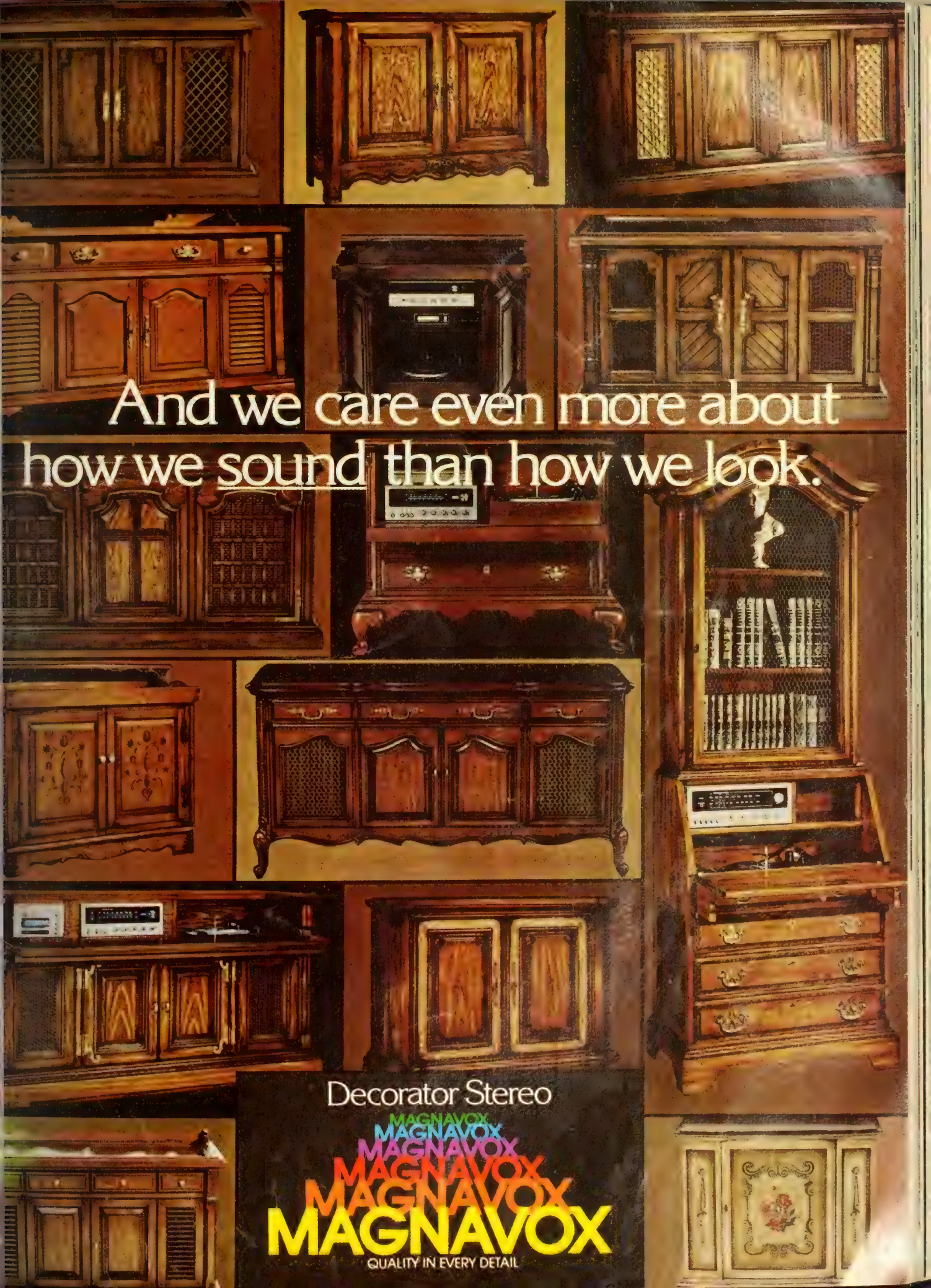
Wright's hexagonal table and stools, designed 1955

The world of Frank Lloyd Wright

A singular opportunity for an o view of a little-known facet of work of one of America's forem architects, Frank Lloyd Wright presented at the Smithsonian In tution's Renwick Gallery, n through July 30. "The Decora Designs of Frank Lloyd Wright a compact, very concentrated hibit of his designs for furnit dinnerware, lamps, tables, cha fabrics, and wallcoverings that intended, some for manufact others for the interiors of clie homes. These pieces are given c text by showing them against la photographs of their original rangements in the homes they fil Guest curator, David Hanks, w organized the show, says t Wright's interiors were meant complement the architecture of houses and buildings. The show will travel to New York University and to the University of Chicago in early winter, 1979.



Frank Ll Wright's Decor Designs, thro July 30. Ab Three Windo 1912. Left: Chair, 1956-58


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ANTIQUES



BY LOUISE ADE BOGE

Queen Anne-style work table



Can you give me some information about the origin of my writing table? What was the deep bin in the bottom used for? J.W.W.—Atlanta, Ga.

Your dual-purpose writing and work table, in the Revived Queen Anne style, was made in America about the 1880s. The deep bin is derivative of the fabric bag in the English late, 18th-century, pouch variety work table. Of this variety, Sheraton writes, "the bag was used by ladies for depositing their fancy needlework."

Connecticut spoon



From the picture and drawing, can you tell me something about my old spoon? What does German silver mean? A.R.W.—Maplewood, Mo.

Brown and Brothers were active at Waterbury, Conn., from about 1875 to before 1904. German silver, or nickel silver, is an alloy of copper, nickel, and zinc. Alloys of which about 50 percent is copper and the remainder zinc and nickel in about equal proportions take a fine polish and are used as imitation silver for flatware.

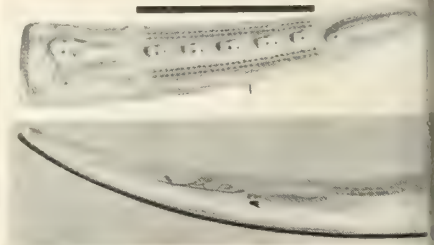
Napoleon's funeral plate



My plate depicts th funeral procession Napoleon under th Arch of Triumph, December 15, 184 Can you tell me who made it and wh "porcelaine opaque" means? S.B.—Milwaukee, Wi

From 1841 to 1876, Lebeuf and Milli were proprietors of two associate French factories, Criel and Monterea which are particularly known for the transfer-printed wares on a hard whi body known as porcelaine opaque (a earthenware of fine quality). True po celain is translucent and not opaque, s the term is—and perhaps was intende to be—misleading to the buyer.

Scrimshaw



What can you tell me about my walru disk cribbage board and the carvin that's on it? R.A.V.—Fremont, Cali

Your cribbage board is an outstandin example of American whaling folk ar developed by New England whalers ea ly in the 19th century, known as scrin shaw or scrimshander. A term of ob scure origin, scrimshaw denotes the wid variety of objects created—napkin ring busks (the bodice stays in ladies' co sets), watch stands, checker and che sets, brooches, earrings, combs, etc.— and also the process of etching or car ing on whale's teeth or whalebone by th whalers on their long voyages, often years in duration.

Continued on page 2

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continued from page 18

Chinese Chüeh



Please give me any information you may have about this unusual cup.
W.H.—San Jose, Calif.

Your vessel or cup has been copied from a distinctive Chinese ceremonial bronze tripod libation vessel of the Chou Dynasty (1122-255 B.C.), called a Chüeh. It has an ovoid-shaped bowl provided with a loop handle and rests on 3 and sometimes 4 legs. On one side, the lip rim is extended in the form of a pointed lobe, while the opposite side is extended in the form of a wide pouring lip. Two chu-posts representing the North Star are attached to the rim (the name "chu-posts" is given to a pair of square or round posts, usually with bell-shaped tops, such as yours, attached to the rim of ancient Chinese libation vessels). Your chüeh possesses no rare age.

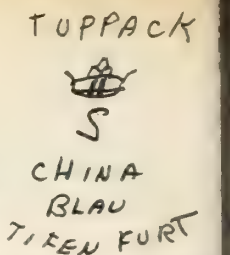
Britannia tea service



I think my tea set, made by John Dixon and Sons, is pewter. Can you tell me how old it is and something about the firm that made it? J.T.—Columbus, Ohio

The English firm of John Dixon and Sons, who were the leading makers of britannia (closely akin to pewter) and plated silver wares imported into our country from the 1830s to the 1860s, made your britannia tea service probably in the 1830s. The body of each piece is embossed with lobes, a fashionable mode of decoration found on early 19th-century English silver.

German porcelain mark



I've drawn the mark that's on my set of blue and white dishes and hope that from it you can trace their origin for me.
P. De B.—Rockaway, N.J.

Your dishes were made at a porcelain factory started in 1808 by Carl Hans Tuppack at Tienfurt, in German Silesia. They date before 1890; possibly mid-19th century.

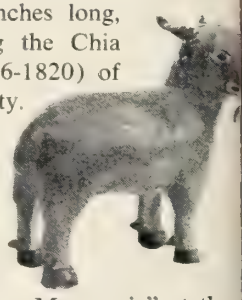
English caddy spoon



Can you tell me who made my silver spoon and when? What was it used for? R.H.
—West Caldwell, N.J.

According to the set of English hallmarks, your piece of sterling silver—probably a tea caddy spoon or scoop used to transfer the tea from the caddy to the teapot—was made in Birmingham in 1808-09 by Joseph Taylor, who worked there at least from 1787 or 1788.

Antiques shows



This goat, 8½ inches long, was made during the Chia Ch'ing reign (1796-1820) of the Ch'ing dynasty. From a private collection, it will be included among the Chinese porcelain animals in the loan exhibit "Magnificent Menagerie" at the 17th annual Univ. of Pennsylvania Hospital Antiques Show, 103rd Engineers Armory, Lancaster Ave., at 33rd St., Philadelphia, Pa. April 11-15.

The Carriage House Antiques Show sponsored by the Women's Board of Johns Hopkins Hospital, will be held at the Evergreen Carriage House, 4545 N. Charles St., Baltimore, Md., April 26-28.



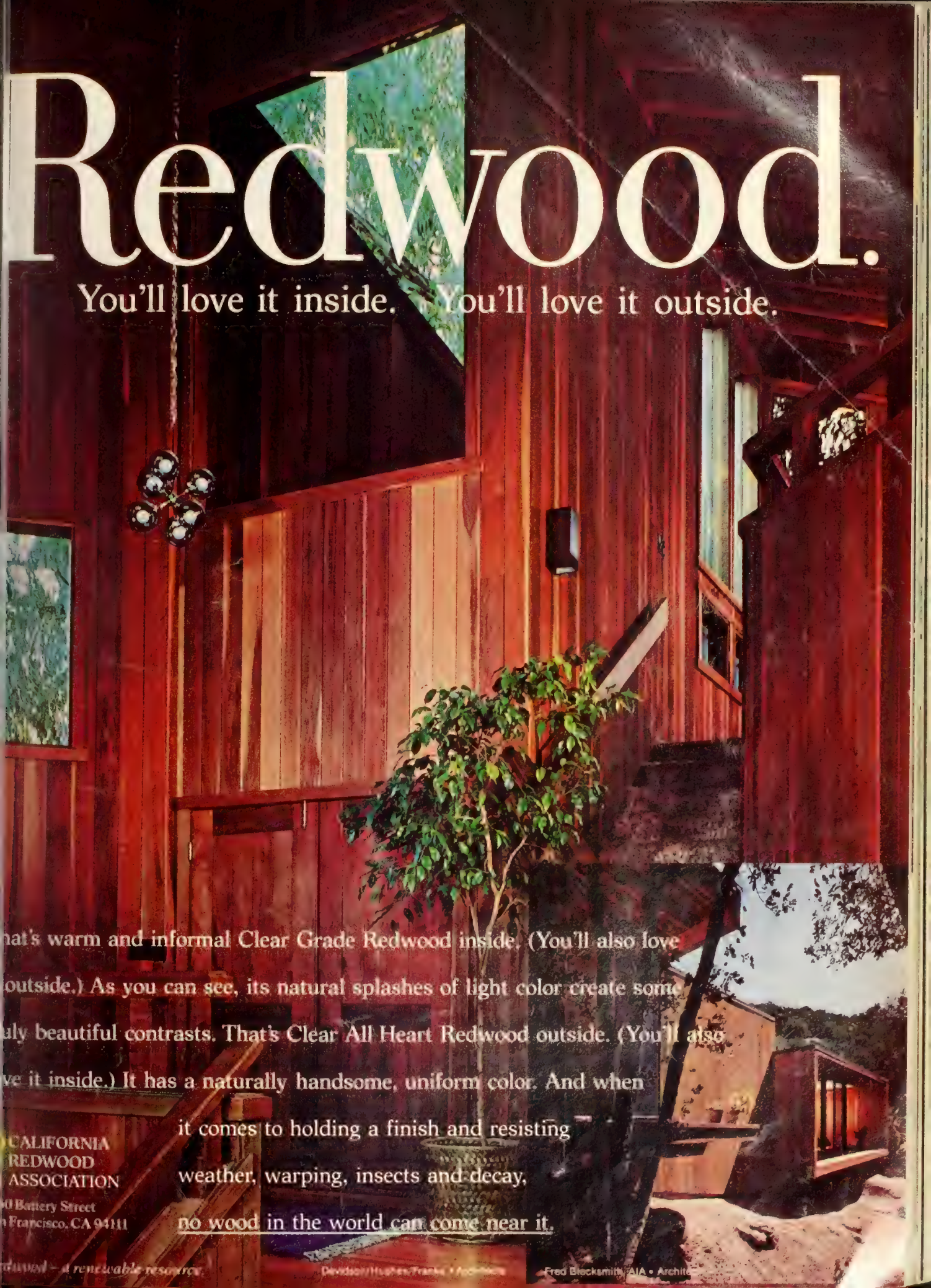
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Is the food you eat the key to the way you experience life?

Yes, says a world-famous biochemist, whose nutritional approach to health is explained in a new book, *The Wonderful World Within You.* / By Paula Rice Jackson



Editor's Note: Roger J. Williams, Ph.D., D. Sc., is 84 years old. He walks 3 miles a day to and from lunch and to his home from his office at The University of Texas in Austin where he is Director Emeritus of the Clayton Foundation Biochemical Institute with which he has been associated for 38 years. Dr. Williams is the discoverer of pantothenic acid, a member of the vitamin B group, and did pioneer work with the synthesis of folic acid to which he gave its name. He is the author of some 20 books on the subjects of biochemistry, nutrition and the importance of individuality and variation in every human being. He is a member of the editorial board of Executive Health, *a medical newsletter read by thousands of laymen and professionals across the country. Dr. Williams is also the first biochemist to be elected president of the American Chemical Society. His new book,* The Wonderful World Within You, Your Inner Nutritional Environment, *was published last June in an original paperback edition by Bantam Books.*

It was one of the more popular catch phrases of the 60s. . . . "You are what you eat." It has taken, however, the consciousness-raising 70s to bring home the importance of nutrition to millions of Americans. Dr. Roger Williams became one of the pioneers of the study of nutrition as a result of his experiments with yeast cultures, determining the nutrients which would make yeast thrive, not just grow and reproduce, but thrive.

"I look upon nutrition as a universal thing that we as humans participate in. Animals, plants, fish, birds, microorganisms, and everything cellular in them requires nutrition. Since the things that are essential for their nutrition are also essential for ours, their nutrition becomes ours when we eat the tissues of plants and animals. I first began studying fundamental nutrition and its effect on different life forms when I was studying yeast. Now, yeast will grow in almost any sugar-bearing mixture, but in order to make it thrive, it has to have certain nutrients, some known, some unknown, but the point is that nutrients can be varied to produce good and bad effects on growing things. I maintain that the quality of human experience, the uniquely human ability to reason, to produce art and poetry, to appreciate music or beauty, the presence of an inner life, is affected by the quality of nutrition we take into ourselves. My book stresses biochemical individuality. It underscores the fact that each and every one of us has important and different biochemical needs. For example, certain aspects of the metabolizing process may go on in one person at a rate ten times faster than in another. If I were to give you a total rundown of everything I ate and everything I did, you'd have some information about me, but you wouldn't have much in the way of advice or information for anyone else. Extra vitamins and minerals have different effects on different people. People's nutritional needs can vary as much as 500 percent for one chemical and much less for others."

> ***"The quality of human experience, the uniquely human ability to reason, to produce art and poetry, to appreciate music or beauty, the presence of an inner life, is affected by the quality of nutrition we take into ourselves"***

Q: What is the connecting link if we are each so different?

A: "Vitamins, minerals, trace minerals, and amino acids are the parts of the metabolic machinery. If any one is lacking, the whole process stops. It's very hard to say *which* vitamins, or *which* major or trace minerals do *what* to benefit the body. It's like taking a watch apart. You find a tiny wheel and you ask, is this what runs the watch? Of course not, it's that wheel combined with all the other necessary mechanisms that run the watch. The forty basic chemicals which team up to make metabolism work are essential for the growth, repair, well-being, and reproduction of our bodies' cells. We need a better understanding and appreciation of how these *assortments* of chemicals keep our bodies and minds healthy."

Q: How has your research changed your own eating habits?

A: "I've found that as time goes on it is very important to reduce the amount of sugar I eat. I'm not one who spends a great deal of time considering and recording everything I've eaten, but it seems to me that you can hardly find a plain doughnut these days! If you were to go into a field where sugar cane is growing and chew on a stalk of it you would get much better nutrition than you would get by eating sugar out of a sugar bowl. I prefer to eat whole grain products wherever possible. My wife and I enjoy fish and we have it frequently, though I couldn't tell you exactly how often. I regard cheese as a healthful food, but that doesn't mean that I eat it all the time. Much of people's nutrition is a social thing. If you don't know anything about nutrition and if none of your friends are particularly concerned about it either, then, when foods are purchased, nutritional considerations are overlooked. But if we can make everyone aware of the importance of high-quality nutrition, then every food purchase becomes an informed one."

Continued on page 26



ABOUT THAT APPLE A DAY

"Bartlett's Familiar Quotations says it's an American expression from the 1800s. Though there is no such thing as a perfect food, by that we mean a food that has the total percentage of the forty growth and maintenance chemicals we require, the egg probably comes closest to it. The apple, as it turns out, is better nourishment than we supposed before we collected our data; it does contain almost every vitamin, major and trace mineral, and amino acid the body needs, though not in the best proportions. No one food does that, hence again the necessity for a wide variety throughout the day. When the "apple a day" phrase was coined, they couldn't have known anything about the essential nutrients the apple contained. It's a tribute to folk wisdom, or body wisdom, that our more precise, modern knowledge tells us that apples are a very wholesome food."

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The Clinique Computer is the heart of the Clinique system of skin care and the reason Clinique products work so well. Photographed for Clinique by Irving Penn.
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The food you eat
continued from page 22

Q: Your book has charts of some forty foods that indicate a complete range of nutrients and their amounts. Where did you get the foods for testing?

A: "Our data concerns ordinary foods, the kind millions of Americans buy in the supermarkets everyday."

Q: Were you concerned about the additives and preservatives many of these foods contain?

A: "Some people will hear that a particular food will have a trace of something in it, say, a nitrite, as in the case of bacon. Now, nitrite is not good, but whether or not it is dangerous depends on the quantity of nitrite and the amount of the nitrite containing food a person eats. Even completely natural foods like fruits, vegetables, and grains contain things in nature in minute proportions that aren't good for us. One cannot simply reject foods out of hand because of the possibility that there is a contaminent in them. One thing I'm sure of is that with proper nutrition our bodies build their own natural defense systems against potentially harmful or dangerous substances that naturally occur. There's another aspect to this, too. There are diets that people go on that are limited to eating one food in large amounts—say, brown rice or grapefruit. It simply isn't smart nutrition to give nutrient chemicals to the body from one source only. Diversification is important. If there were one guideline that I could give to help others get the nutrients they need it would be—Diversify. Eat as wide a variety of unrefined, unprocessed foods as you have access to. To the best extent you can avoid foods whose ingredients are so processed and refined that they have lost their original character and nutrients. And listen to what your body wisdom says."

Q: What is body wisdom?

A: "I think it's a part of the overall food intake control mechanism that is at least partially located in the hypothalamic part of the brain. I think 'body wisdom' attracts or repels us from certain nutrients and may vary at different times of our lives. A desire for salt, sugar, or fats can come under the 'body wisdom' rubric. Exercise can help cultivate this wisdom. Exercise *improves* the circulatory system which carries the nutrients and oxygen to your brain and the other parts of the body."

Q: What's the difference between a natural and a synthetic vitamin?

A: "There isn't any except possibly the price. The synthetic vitamin, having been produced in a laboratory, will be the purer of the two. However, impurities contained in the natural vitamin, and there are some, can possibly benefit t body in ways we're not absolutely c tain about now."

Q: How does a vitamin manufactu manage to claim a distinction if th really isn't any?

A: "You can buy a bottle of 'natural' tamin C that's composed mostly of sy thetic vitamin C. Vitamin C from r hips is added to the synthetic produ this is all that's 'natural' about it. W nutritional counseling still in its infan we hope to encourage the medical co munity regarding the taking of supp ments. We hope to encourage docto and the clinics with biochemical profili facilities to use the tests and means th have for a nutritional approach to heal Right now these testing facilities are ve primitive. Adequate tests would aid pe ple who otherwise must go through trial-and-error process of finding o what nutrient chemicals and what do ages are right for them."

"If there were one guideline I could give to help others get the nutrients they need it would be—Diversify"

Q: Did your research influence the w you fed your family?

A: "My intense interest in human n trition surfaced when I was about years old and, of course, my family a ready well grown and living on the own. We often had a vegetable garde but we had it as much as for the fun watching things grow as for the fre vegetables we got from it. If I may, I like to elaborate about the nutrition value of one of America's most co sumed foods—bread. I've been rath concerned about bread over the yea My brother, R. R. Williams, also a bi chemist, was one of the principal scie tists responsible for initiating the 'e richment' of white breads. He convinc commercial bakers to add percentages thiamine, riboflavin, niacine and iron bread. I was very interested to read *Consumer's Reports* last May, 1976 th a test was conducted to establish the n tritional quality of thirty-three of the n tion's widest selling brands. One whi bread rated especially well, so let's co sider what was in it: milk, whey solid soy flour, and eggs. Clearly a premiu bread that would cost more. But anyon who categorically rejects white bread being 'nutritional sawdust,' regardle of its composition, is mistaken." ■

New in the stores, page 2



There is this woman. Watch her.

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Cabriole

by Elizabeth Arden

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Beauty and health products new this month in the stores

Two of America's favorite, most innovative sportswear designers will be offering their ideas about your fragrance and your makeup. The first is *Calvin Klein,* who will have both a fragrance and a makeup collection; the second is *Ralph Lauren,* who will have two fragrances—one for men, one for women. Mr. Klein describes his makeup plan as a carefully thought out system—much like his ready-to-wear ensembles. He's worked out "total looks" that he feels eliminate guesswork and therefore eliminate makeup purchase mistakes. They're called **The Honey Face, The Coral Face, The Mauve Face, The Pink Face** and **The Rouge Face.** One has four eye colors to choose from; another may have only two, but the point is the schemes give a look, an effect, and an appropriateness to the way women live and work today. He hasn't overlooked the fact that what goes on the skin must come off, so he's included skin care and treatment products, too. One's a **Translucent Cleansing Bar** that gently cleanses and refreshes skin with glycerines. $5. **Moisture Activated Facial** lets you use the heat and steam of your bath to help perk up your skin in a hurry. A 4-ounce tube costs $12.50. A fragrance caps the whole group: **Calvin Klein** is scented with jasmine, violet leaves, clove bud oils, and sandalwood. Sounds entrancing. One ounce, $85; quarter ounce, $25. Everything will be at Saks Fifth Avenue.

Ralph Lauren's first fragrance is called, of course, **Polo.** The other, for women, is called **Lauren.** Both are classic scents updated just like the wools, furs, and leathers he's famous for, and should fit nicely into the fragrance wardrobe you already draw from year after year. Polo cologne, 8 ounces, $20; Lauren perfume, 1 ounce $87.50, ¼ ounce, $27.50. At Bloomingdale's.

This spring, *Serge Lutens,* the color and makeup genius behind the color revolution that's been going on at Christian Dior, has put together a look called **Les Contrastes.** Two pieces from the group work especially well with the refined yet somewhat rosy, healthy look American women like. One is for nails, called **Très Pale,** and another for eyes, called **Rose Italian.** The nail enamel is virtually transparent with a finish we've not seen —not matte, not glossy, just clean. The eye color is a soft, muted rose that makes blue eyes bluer, brown eyes very sexy. And the eye colors come in a tiny 2-inch-wide compact that's perfect for an evening bag. They smudge on with a fingertip, too. Vernis Creme Nail Enamel, $3.50; Ombrette Mini Eye Shadow, $4.50 at fine department stores everywhere. *(Continued on page 30)*

THERE'S A VERY BASIC WAY TO BRING OUT YOUR BEAUTY AND ONLY YOUR HAIRSTYLIST HAS IT.



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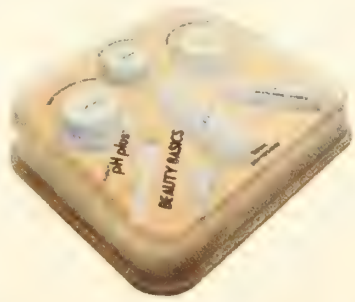
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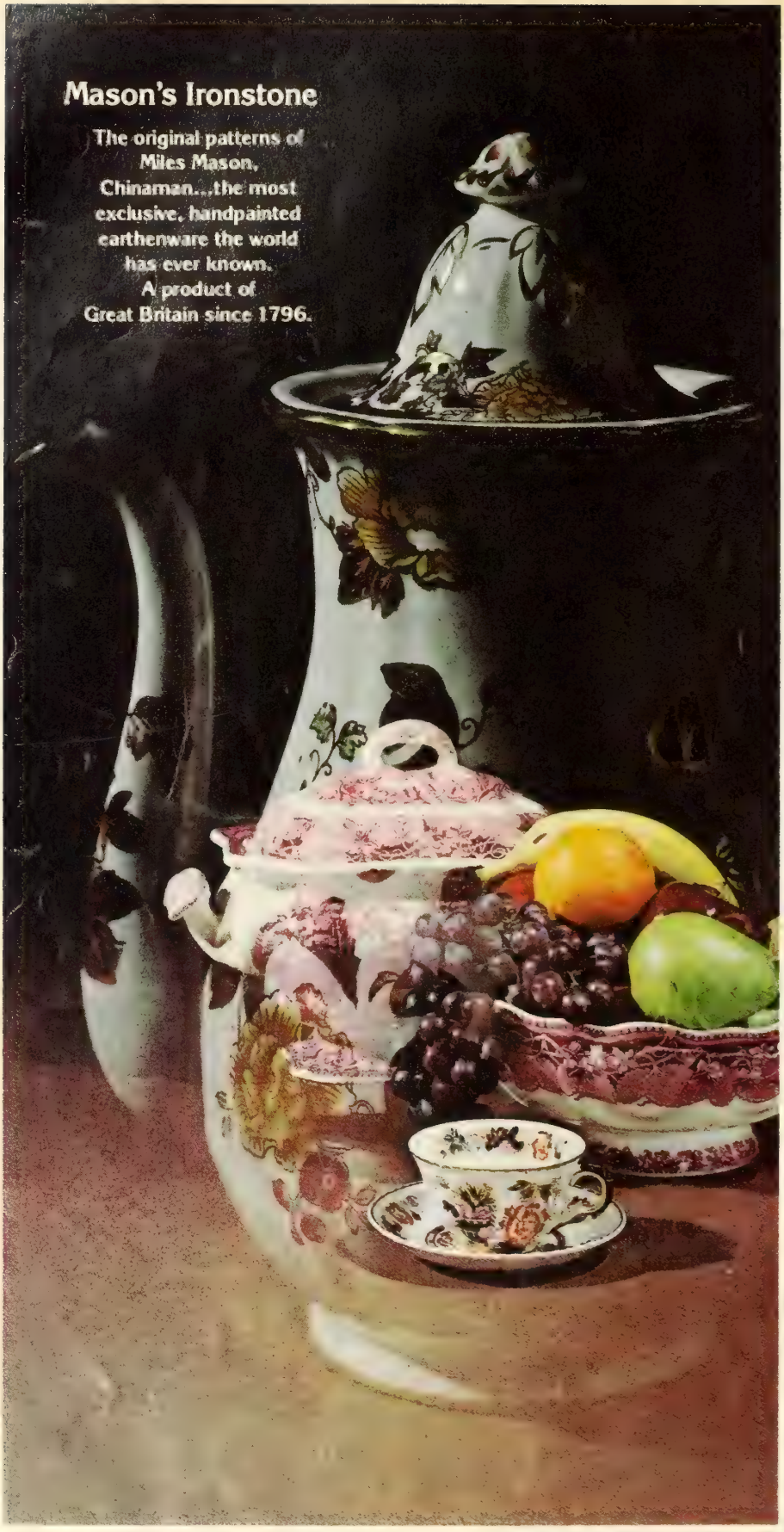
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New in the stores
continued from page 28

Jean Naté is a fragrance favorite, especially with young people. **Fresher Than Springtime Moisturizing Soap** is a brand new, golden-colored cleansing bar that has the Jean Naté scent. For a tryout, you can buy minis for 29¢. When you decide you love it, the full-sized bar is $1.29.

After your bath, cream on *Chanel's* **Body Lotion No. 1**—one of the supplements to the No. 1 Skin Equilibre collection of skin care treatments. Eight fluid ounces in a pretty frosted bottle, $25 at department stores across the country.

PAULA RICE JACKSON

Your fragrance and herbal almanac
The sign: **Aries**
Circa: March 21-April 20

Herbs and other plants identified with Aries are honeysuckle, cactus, and hawthorn. Easter usually occurs in Aries, hence the entire lily family, including onion, leek, and garlic, which are said to relate to the sign. Hyssop, used in Biblical times for purification and renewal rites, now is frequently blended in modern eau de cologne. Fragrances for the Aries woman should be distinctive, clean, and magnetic. New **First** de Van Cleef & Arpels is one of the fresh florals to try. Fashion designer **Mollie Parnis** has given her name to a perfume that's piquant and bright. **Chaz** by Revlon for the Aries male is a plucky, long-lasting scent.

MARIA REACHI

NEXT MONTH:

TERRIFIC REMODELING IDEAS TO HELP YOU MAKE THE MOST OF THE SPACE YOU HAVE.

LOOK FOR MAY HOUSE & GARDEN ON YOUR NEWSSTAND





When I was putting this room together, I kept the Ethan Allen Treasury handy. What a great source of information! You don't have to buy anything to get it. I just picked it up free at my Gallery!

"MIXING STYLES IS MY STYLE, SO I LIKE A STORE WHERE I CAN FIND LOTS OF DIFFERENT LOOKS, ALL IN ONE PLACE."

Meet Linda and Mike and Erica Huss. Fourth in a series of stories about the kind of people who furnish their house, <u>their</u> way, at Ethan Allen.

"Even when Mike and I started out, we didn't stick to one style of furniture because we had very different tastes, and a crazy mixture of hand-me-downs we couldn't afford <u>not</u> to use. Our first apartment was early eclectic!

By the time we moved into the house we're in now, we'd discovered mixing styles could be done with real style. First, you have to buy <u>good</u> things, and second only buy things that you <u>like</u>. Then everything will work together successfully. My Ethan Allen interior designer agrees. That's one of the reasons I like shopping at Ethan Allen. They're flexible. Ethan Allen makes styles as contemporary as this modular sofa, as well as the classics, all at different prices. And their interior designers aren't afraid to help you combine different styles so you get the look you want at the price you want to pay."



Ethan Allen's furniture is made for families like ours. We want good things at a good price, and that's what we've always found at Ethan Allen.

Ethan Allen Galleries

COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE <u>YOUR</u> WAY.
LOOK US UP IN THE YELLOW PAGES



When I visited the Gallery I got the idea of mixing the modern style of this Ethan Allen glass and brass table with the classic charm of our Georgian house.



How to get money for home improvements and house building that you do yourself

A DO-IT-YOURSELF GUIDE TO FINANCE



BY PAUL GROSS

Despite their reputation, bankers are not as ornery or as stingy as many people think. True, getting a mortgage or home improvement loan is sometimes difficult —especially in times like this when money is tight. However, more often than not, "the fault . . . is not in our stars, but in ourselves," as Shakespeare wrote. After all, bankers are in business to lend money. And lend they will, providing you approach them the right way. In fact, they'll even write a mortgage or home improvement loan for a do-it-yourself project. More and more banks are doing just that to meet the loan demand from do-it-yourselfers.

Basically, all a bank is really interested in is making money on its money. The sticking point for some borrowers is that a bank also wants some assurance that it will get its money back. And that's the key to borrowing successfully from a bank. You should be able to prove to a banker's satisfaction that there's hardly a risk in lending you the money. To do that, you'll need a good credit rating. You should also be prepared to show the bank that you know what you're doing. That, in effect, will give the bank some security. For example, let's say that you want to build your own house. If you can convince the bank that you know how to build a good house, it will know that it could get its money back by selling the house if you suddenly went broke.

Money for do-it-yourself home improvements

Home improvement loans for do-it-yourself projects are, in some respects, much simpler to arrange. For one thing, much less money is usually involved. For another, you can use your home, condominium, or cooperative as collateral—providing you've paid off a good hunk of the mortgage. That's especially true if you can demonstrate that the home improvement you intend to make will enhance the value of your home. Then the deal makes even more economic sense to a bank. That's another point in your favor. By far the best way to demonstrate how a home improvement will enhance the value of your place is through comparisons. For example, ask your local brokers how much, say, a patio or a swimming pool will add to the value of your house. Then ask them for examples —actual listings of identical houses, one with the patio, the other without. Most brokers will be happy to do this for you, because they're always looking for potential customers as well as referrals.

If you rent your home, getting a home improvement loan from a bank will depend entirely on your credit rating and whatever assets you can put up as collateral. After all, enhancing the value of someone else's property won't benefit you financially, even though it might make you more comfortable. On the other hand, there's nothing to stop you from asking the present owner to take out the home improvement loan. Chances are that he or she might, if you can prove that you know what you're doing and that the improvement will make the property much more marketable. Some people have even been able to get a small break on the rent they have to pay in return for the time and effort they spent on the project.

Doing it yourself can pay off in a number of different ways. For one thing, there are the intangibles, such as pride of craftmanship and accomplishment. For another, there's the tangible, monetary savings that's due a do-it-yourselfer.



How to get a do-it-yourselfer's mortgage

Make no mistake about it, getting a mortgage for a house you plan to build yourself will take some initial spadework. Even though more and more people are building their own homes, it's still a fairly recent phenomenon. And bankers tend to be somewhat conservative about new things. However, to sell a banker on financing your house, here's what you should do:

1. Have a basic plan for the house. It need not be an architect's blueprint. However, it should be neat and fairly detailed. If a picture is worth a thousand words, this is worth even more. It's worth whatever financing you're trying to get. Reason: Your plans will give the bank a fairly good indication of how much you know, as well as how much attention you pay to detail. So, the more professional the rendering, the better off you'll be.

Continued on page 35

THE SOCIABLE SOUR: TART, TASTY, AND FILLED WITH MEMORIES OF GOOD TIMES WITH GOOD FRIENDS.



TRY IT...ALL THE LIQUOR'S IN IT. THE HEUBLEIN WHISKEY SOUR

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Heublein, Inc., Hartford, Conn.

Guide to finance
Continued from page 32

. Prepare a thorough list of all the aterials you'll need to build your home nd how much each will cost. Again, you ant to show the bank that you know hat you're doing. If you have done me comparison shopping, let the bank now that you've picked the best and heapest building-materials supplier round. Do note that some building suppliers will give you a discount for paying ash; so bargain when you shop around.

. Prepare a detailed list of all the subontractors you'll need to hire. Regardss of how fervently you may want to o everything yourself, most states have ws that require you to use certain censed trades, such as plumbers and lectricians.

. Make sure that you have all the zonng and legal clearances you might need. ince this varies from community to community, you should ask your attorney for guidance.

5. Select the site on which you want to build and determine its cost.

6. Prepare a thorough financial dossier on yourself. Under the Freedom of Information Act, you can ask all the credit rating bureaus in your area to give you your credit rating. If your credit rating is not as good as you think it should be, tell the credit bureau that you want to examine its file on you. If there's a mistake, the bureau has to correct it. You would also be wise to line up some references and letters of credit. Your references should attest to your outstanding sense of responsibility and your sobriety.

Armed with all this, you are now ready to attack the citadels of finance. You have two basic choices: You can get an unsecured loan from a commercial bank or you can get a mortgage on a construction loan basis. Let's take them one at a time. *(Continued on page 158)*

HOW A BANKER LOOKS AT YOUR CREDIT WORTHINESS

When you apply for a loan or a mortgage, expect the bank to check you out closely. After all, you are flirting with their money. Of course, the degree of scrutiny you will be subjected to depends entirely on the amount of money you're after and how long you want it for. Here are some of the factors that a banker will take into consideration when reviewing your loan or mortgage application:

Stability. The longer you've lived at one address and the longer you've stayed with the one company, the better off you'll be. Of course, the bank will understand if you've moved from place to place, because your company has transferred you a lot.

Credit history. A bank will take a long, hard look at your past record of paying off debts. As Ben Franklin once said: "Creditors have better memories than debtors." Paying off debts on time is a strong plus. When a bank loses the use of money that's due it, it loses the interest that money could earn for it. Hence, bankers tend to frown on loan applicants who have a fairly consistent record of paying late.

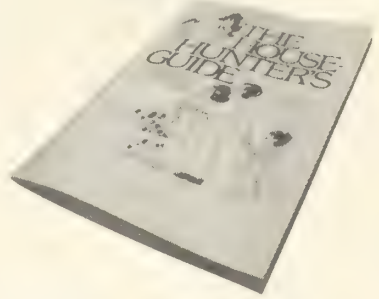
However, if you have occasionally been late in making a payment, the bank will probably understand, providing you have a good reason for having been tardy —say, a long painful illness. Defaulting on a debt, however, is something that will make a banker tend to frown on your application. But do keep in mind that your more recent credit history will generally carry more weight than your distant past. Bankers do realize that people do make mistakes and can learn from them. How forgiving a banker will be depends to a great extent on the bank's guidelines.

The pattern of your previous debts is also taken into consideration. The lending institution will want to find out if you have had the experience of paying off a debt similar to the one you now want to incur. For example, if you've taken out a mortgage before and have met all the payments promptly, the bank will probably smile on your current application. However, if you've only paid off charge account debts in the past, your ability to pay off a large debt will be problematic for the bank.

Income. As good as your credit history may be, the question of whether you get the loan or not will hinge on your ability to pay it off on time. And that depends on how much income you now have and the level of your current debt burden. Do note, however, that you can ask the bank to take your spouse's income into consideration if the bank says it isn't sure that you can handle the payments. Should you do that, the bank will then look into your spouse's credit history the way it examined yours—which is now required by the Equal Credit Opportunity Act.

The lending institution. Whom you borrow from also plays a great role in determining whether you get a loan or not. Different types of lending institutions have different approaches to lending money. Savings banks, savings and loans, and other types of thrift institutions are easier to get mortgages from than commercial banks. Reason: That's a large part of a thrift institution's business. And since it has more experience with mortgages, it tends to take a less rigid stance than does a commercial bank, which usually doesn't do much mortgage business at the consumer level. By the same token, finance companies are willing to take greater risks on loans. And they'll charge you for it by asking for a higher interest rate.

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Looking for a home? You'll get lots of helpful advice in our free booklet "The Househunter's Guide." It tells you everything you need to know to become a househunting expert.

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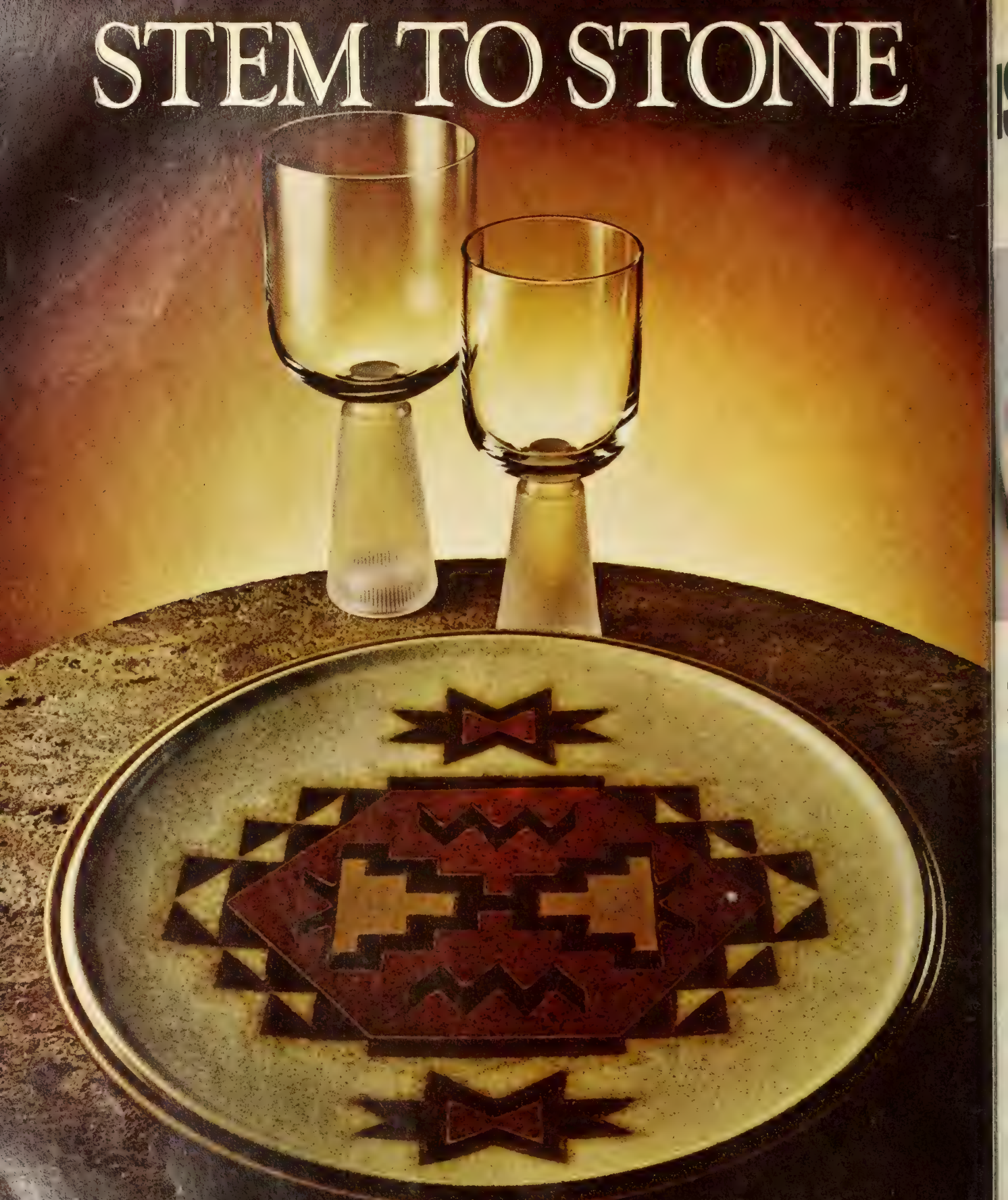
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After a few days in your refrigerator, does your juicy roast become nothing to boast about?

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Maybe it's about time you took a look at Frigidaire's Elite Line of refrigerators.

Because aside from features like solid-state ice makers,* Electri-Saver switches, and tempered-glass shelves, two models also have a Food-Life Preserver. It's a special section that not only has a vegetable Hydrator and a seven-day Meat Tender, but also an Unwrapped Food drawer. The drawer helps keep unwrapped food fresh for days by sealing air out and moisture in.



And it makes the storing of hard-to-wrap foods, like a piece of cake, a piece of cake.

So throw your food a life preserver and get a Frigidaire refrigerator.

Because with today's prices, losing an expensive cut of meat is the unkindest cut of all.

FRIGIDAIRE GM
WHY SETTLE FOR LESS?



*Available at extra charge.

Look for our complete line of refrigerators and other Frigidaire appliances at your local Frigidaire dealer.

BY RICHARD AND JEAN TAYLOR



Two new, peppy American cars compete with fuel-conscious foreign imports

SAFER, SUPER-EFFICIENT FRONT-WHEEL DRIVE CARS

It has taken twenty years for the American automobile manufacturers to produce a popular, low price, gas- and space-saving front-wheel drive car. Now the Chrysler Corporation has clearly scooped the rest. Its front-wheel drive Dodge Omni and Plymouth Horizon, offering comfort along with 40 mpg, more than meets the 1985 government regulations that the average car sold in this country will have to return 27.5 mpg. General Motors plans to introduce a small, front-wheel drive replacement for the Nova in 1979 and Ford will present a new line of similar cars in 1980.

The modern front-wheel drive principle was evolved by designer Sir Alec Issigonis in 1951. His idea was to mount the engine across the front of the chassis instead of lengthwise, so the car would be shorter and more maneuverable. To accompany this "transverse" engine, he also designed a front-wheel drive unit that had superior handling, excellent traction, and incredible fuel economy. The car, the Austin Mini Minor went into production in 1959 and earned its designer many honors, including his knighthood.

This transverse engine and front-wheel drive idea was quickly copied by designers elsewhere who were interested in efficiency. Cars like the Volkswagen Rabbit and Honda Accord use this system, as do small cars from Lancia, Fiat, Datsun, and Ford of Germany. Indeed, 40 percent of all cars sold in Europe now are built this way. While Cadillac and Oldsmobile experimented with the front-wheel drive principles, American companies did not develop the idea in efficiency automobiles. They decided the transverse engine was most appropriate for little cars which wouldn't interest the American public at all. Of course, the energy crisis has changed that thinking.

In a transverse engine front-wheel drive car, the engine actually rides ahead of the front wheels. What would be the front of the engine in a normal car is at the right. The transmission is at the left. The fan is electric and mounted up in front behind the grille. Power is taken out of the rear of the transmission and transmitted through a "differential" by a short shaft to each wheel. Having the car "pulled" by the front wheels, rather than "pushed" by the rear weels gives much better traction on slippery roads. Front-wheel drive concentrates all the car's mechanical components in one place, which means the car is light but stronger and easier for mechanics to service. Since the engine, transmission, and drive axles are all up front, there's no bulky driveshaft hump going down the center of the car floor inside. The interior is therefore more spacious. The car tends to pull itself through a corner when you turn the wheel, thus making driving safer. With independent suspension on all four wheels, bumps that affect one wheel won't affect the others, so the way the car handles, steers, and stops is exceptionally smooth.

Front-wheel drive cars are built by over a dozen different companies, in a variety of sizes and styles, from high-performance sports coupés to snappy station wagons. Some are better gas savers than others, but all boast more room inside than their conventionally designed competition and better performance from small engines. Motoring experts feel the new efficiency American models, the Omni and Horizon, will have a profound influence on American driving in the future. Roy Axe, who designed these identical cars, admits that he was inspired by the VW Rabbit. They have the same 5-door hatchback styling. The rear seat folds down to turn the vehicle into a station wagon if needed. There are two comfortable reclining bucket seats in front. The new rectangular headlights point up aerodynamic lines, and large, safety turn signals wrap around the fenders. Fiberglass belted radial tires and disc brakes are standard. The big plus is in interior space and finish. Bigger than some compact cars inside, because of the gas-saving mileage and price ($3,700 base) they compete with the small *sub-*

Continued on page 42

Quality craftsmanship. Traditional with Henredon.
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Neutrogena Body Oil is a new concept in dry skin treatment, for women who don't have time to soak in a tub. It's a pure, light, natural sesame oil formula that gives you the "soaking-in" benefits of bath oil, but in a non-greasy form, so it can be put directly on your skin.

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The Humphryes Asburn Middaugh Archives announces the first American porcelain china plate in a collection beautifully depicting "Game Birds of America"....



"RUFFED GROUSE"

The breathtaking beauty of nature and the grandeur of the great American outdoors are to be magnificently evoked by a superb group of six outstanding American porcelain china collector's plates.

The distinguished American artist-sportsman, Stanley Maltzman, whose works have for years been exhibited by the Smithsonian Institution, has created six original lithographs for this exclusive series. His works are avidly sought after by collectors, and continue to increase significantly in value.

"Ruffed Grouse," shown above, is the first plate in this supremely impressive collection. It portrays in precise detail the spectacular splendor of this magnificent bird.

These exceptional plates will be crafted to the most exacting standards in fine American porcelain china by Ridgewood. This noblest of chinas combines surpassing whiteness, translucence, and strength unequalled in other porcelains. Ridgewood, of Southhampton, Pa. is one of America's premier producers of America's fine-art porcelain china.

Each of these beautiful plates will measure a full 10½ inches in diameter--a size that permits the depiction of each bird in the most exacting detail.

Each plate will be issued in an edition strictly limited to 5,000, and will be available exclusively from The Humphryes Asburn Middaugh Archives. They will not be sold through any stores or art galleries.

Owners of "Ruffed Grouse" will have a guaranteed option to acquire each of the other five plates in the "Game Birds of America" series--including "Woodcock," "Ring-necked Pheasant," and "Bobwhite"--as they are issued. However, there is *no obligation* to purchase any of these later works.

Because "Ruffed Grouse" is being issued in such a limited edition, it is important that you mail your order promptly. And if you wish to have "Ruffed Grouse" sent as a gift in your name, we will be happy to do so. The issue price is $35 (plus $2.50 to partially cover packaging, shipping, and insurance), and we unconditionally guarantee flawless delivery of every plate.

RESERVED ORDER FORM

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South Orange, N.J. 07079

[ ] Please enter my order for (number) _____ "Ruffed Grouse" American porcelain china plates, and ship to me.

[ ] Please send (number) _____ "Ruffed Grouse" American porcelain china plates as gifts in my name. List of recipients is attached.

I enclose payment in full of $35* per plate (plus $2.50 per plate toward packaging, shipping, and insurance).

Total enclosed: $ _____

*New Jersey residents please add 5% sales tax to *plate price only*.

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Address _____

City _____ State _____ Zip _____

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CALICO CORNERS®

Front-wheel drive cars *continued from page 38*

compact cars. As far as comfort goes, they outstrip the austere foreign cars with deep-pile carpets, heavily padded doors, and American-style, three-spoke steering wheel. For those who like special luxuries, there is a considerable assortment of options and trims, including supergraphics as bright as any Pop-Art painting.

Guide to front wheel drive

AUDI FOX. Base price: $5,749. Length: 14.4 ft. Engine: Inline-4, 78 hp. 23 mpg city, 37 mpg highway. Warranty: 12 months/20,000 miles. Dealers: 424.

AUDI 5000. Base price: $8,450. Length: 15.8 ft. Engine: Inline-5. 103 hp. 17 mpg city, 24 mpg highway. Warranty: 12 months/20,000 miles. Dealers: 424.

DATSUN F-10. Base price: $3,778. Length: 13 ft. Engine: Inline-4, 70 hp. 28 mpg city. 40 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 948.

DODGE OMNI. Base price: $3,706. Length: 13.6 ft. Engine: Inline-4, 75 hp. 24 mpg city, 40 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 3,100.

FIAT 128. Base price: $3,149. Length: 13 ft. Engine: Inline-4, 62 hp. 22 mpg city, 34 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 700.

FORD FIESTA. Base price: $3,680. Length: 12.2 ft. Engine: Inline-4, 66 hp. 34 mpg city, 46 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 5,572.

HONDA CIVIC. Base price: $2,969. Length: 12.2 ft. Engine: Inline-4, 60 hp. 41 mpg city, 54 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 700.

HONDA ACCORD. Base price: $4,645. Length: 13.5 ft. Engine: Inline-4, 68 hp. 38 mpg city, 48 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 700.

LANCIA BETA. Base price: $6,995. Length: 14.8 ft. Engine: Inline-4, 86 hp. 17 mpg city, 25 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 700.

PLYMOUTH HORIZON. Base price: $3,706. Length: 13.6 ft. Engine: Inline-4, 75 hp. 24 mpg city, 40 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 2,643.

RENAULT LE CAR. Base price: $3,495. Length: 11.7 ft. Engine: Inline-4, 60 hp. 26 mpg city, 41 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 275.

RENAULT 17. Base price: $6,998. Length: 14.3 ft. Engine: Inline-4, 95 hp. 21 mpg city, 36 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 275.

SAAB 99. Base price: $6,848. Length: 14.5 ft. Engine: Inline-4, 115 hp. 22 mpg city, 30 mpg highway. Warranty: 12 months/unlimited mileage. Dealers: 310.

SUBARU DL. Base price: $2,999. Length: 13.1 ft. Engine: Flat-4, 67 hp. 32 mpg city, 47 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 600.

VOLKSWAGEN RABBIT. Base price: $3,869. Length: 12.9 ft. Engine: Inline-4, 71 hp. 24 mpg city, 37 mpg highway. Warranty: 12 months/20,000 miles. Dealers: 1,032.

VOLKSWAGEN SCIROCCO. Base price: $5,695. Length: 12.9 ft. Engine: Inline-4, 71 hp. 24 mpg city, 37 mpg highway. Warranty: 12 months/20,000 miles. Dealers: 1,032.



RICHARD TAYLOR



Above: Dodge Omni. Left: Cross-section shows how front-wheel drive, with no bulky driveshaft hump, opens up car's interior.

Finally. Beauty that isn't fragile.

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BY LENOX®

The strongest ovenproof dinnerware money can buy.

We're being downright hard on our Temper-ware to prove that it's stronger. In fact, it's so strong that you can actually take it straight from an icy freezer into a broiling oven. Without defrosting first. And that's just not true of most ovenproof dishes.

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Feel assured. Temper-ware by Lenox is the strongest dinnerware on the market.*

And just so you're positively certain about it, every piece comes with a warranty against breaking, chipping, cracking and crazing for two years of normal use.

Best of all, Temper-ware is beautiful. It enhances your food and graces your table. Temper-ware is strength and beauty combined. By Lenox. For your enjoyment.

Pattern shown: "Quakertown." Write for your free Temper-ware color pattern brochure to Lenox, Trenton, New Jersey 08605.

*Strength as measured by modulus of rupture test – the most reliable test for material strength in the ceramic industry.

How to buy stereo components;
two automatic systems for color TV control;
the latest on AM and TV sound; plus

PERSONAL COMPUTERS



BY DAVID LACHENBRUCH

Q What can a "home computer" do?

A At least theoretically, it *can* do such a wide variety of tasks nobody could think of them all. Practically, it *does* do only what it's programmed to do. The simplest home computer applications are those which involve *memory*. For example, a computer could store your entire Christmas card list, displaying the names and addresses as you need them, and letting you change any of them as necessary. (It could even print them out on gummed labels if you installed the extra equipment, but you probably don't want to send Christmas cards that way.) It could store your complete recipe file, and make suggestions if you want a vegetable or a wine which goes with chicken Kiev.

In addition to the storage function, computers can *interact* with people or other computers. A computer can help you prepare your income tax by quizzing you and letting you feed in the answers. It can develop a complete program of diet and exercise to let you lose a specific amount of weight in a given time, if you give it all the pertinent information. It can keep track of your budget and perform other useful household management tasks. It can play sophisticated games with you at whatever level of difficulty you wish—chess, blackjack, and so forth—or amuse you with elaborate arcade-type video games. It can quiz the children on the subjects they learn at school, correcting them when they're wrong and adjusting itself to their level of knowledge and learning speed.

Control functions are more difficult only because they generally require elaborate mechanical hookups. For example, a computer could program the heating, cooling, and ventilation of your home for the optimum in fuel-saving and energy conservation. It could take over many of the kitchen chores—defrosting and cooking meals for exactly the right length of time at the proper temperatures. It could operate a complete home fire and burglar alarm system. But the mechanical "peripherals" needed to carry out these tasks probably would cost more than the computer itself.

Some day home computers will be able to interact with a central data bank at the public library or elsewhere to "look up" almost anything you want to know.

Computers must be programmed to perform any function. Most of today's "personal computers" have program cartridges available for various common tasks. They also provide instructions on how to develop your own programs. Some supply easy-to-follow, step-by-step programming lessons on special cartridges, so the computer actually teaches the user how to program it.

Many of the people now buying personal computers are hobbyists who enjoy talking computer language and developing their own programs. Others are small-business people who require simple computers in the course of their work. The home computer's appeal is broadening rapidly, however; prices are coming down, and there's no question that it will find a niche in the household of the near future.

Q There are so many different styles and types of stereo equipment advertised that it's difficult to know how even to begin to choose. How can I make sense out of all the different kinds of units?

A Aside from the big, furniture stereo consoles, stereo systems are sold in three principal ways: as "compacts," pre-selected component ensembles, and individual components.

The compact is an all-in-one music system ready to plug in and play. It may be priced as low as $100 or as high as $400 or more. A compact usually comes packed in a single carton and consists of three separate pieces—a combination tuner and amplifier (receiver) with an integral, built-in record changer (sometimes including a cassette or 8-track recorder or player), and two speakers. Compacts vary in sound quality from

Continued on page 49





Now. Only 1 mg tar.

This is more than just low 'tar.' This is ultra-low 'tar.' This is Now, a cigarette with only 1 mg 'tar.' If you want to be sure you're getting ultra-low 'tar,' count all the way down to Now's number 1.

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LIMITED WARRANTY

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- **Fade Resistant**
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When applied according to directions, if paint fails to perform as specified above, K mart's obligation shall be limited solely to refund of the purchase price.

The versatile "FRESH LOOK"...durable, latex color, easy-to-apply and maintain everywhere in your home

For maximum beauty and durability...just follow these simple steps...

WHERE TO APPLY: On all interior walls and ceilings, including plaster, primed wood, primed metal, over wall paper finished surfaces, bare dry wall or wallboard.

COVERAGE: Up to 400 sq. ft. per gallon using quality painting tools such as GOLD LINE Rollers and K mart brushes. One full roller, rolled in a straight line, four to five feet in length, will closely approximate this rate.

HOW TO PREPARE FINISHED SURFACES: For maximum paint adhesion, WASH THOROUGHLY WITH POWDER DETERGENT AND WATER - RINSE COMPLETELY. Make sure all dirt, grease, soap film, oil buildup are completely removed. Patch all holes and cracks with patching paste — allow to dry — and sand smooth. • *Wallpaper* - Before applying new finish, paste all loose sections down, sand smooth. If pattern stains through, coat with Wall Primer and Sealer - allow to dry overnight. • *Glossy Painted Surfaces* - wash with household powder cleaner in water - rinse well, or sand lightly.

HOW TO PREPARE UNFINISHED SURFACES • *Bare Dry Wall or Wallboard* - when all dust is removed, coat directly with the FRESH LOOK. Two finish coats recommended. • *Bare Plaster* - new or old should be dry, cured and hard. If textured, swirl, soft, porous or powdery, treat with solution of one pint household vinegar in one gallon water. Repeat until surface is hard — rinse well — let dry and apply Wall Primer and Sealer. • *Bare Wood or Metal* - apply a first coat of the appropriate primer.

HOW TO PAINT EFFECTIVELY — Stir paint well. Spot prime all patched areas. Use top quality painting tools for best results — such as GOLD LINE Roller or K mart nylon or polyester brush. Allow overnight drying before applying second coat.

WHEN TO WASH - To assure durability benefits, do not wash for 30 days. Once cured, the FRESH LOOK cleans easily with dry, non-abrasive detergents and water. "Spray-type" and abrasive cleaners not recommended.

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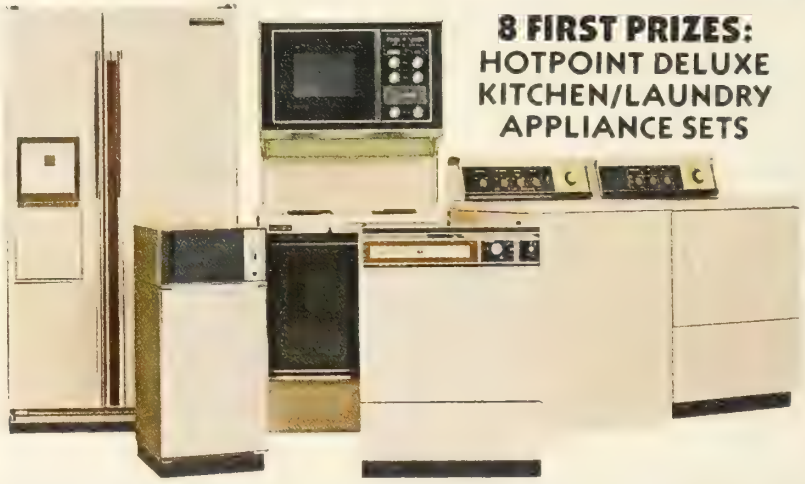
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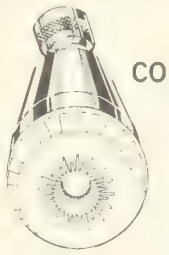
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8 FIRST PRIZES:
HOTPOINT DELUXE KITCHEN/LAUNDRY APPLIANCE SETS

Water n' Ice Refrigerator with Energy Saving switch/Microwave Cooking Center with Self-Cleaning lower oven/Potwasher Dishwasher with Energy Saver dry option/Large capacity Washer with Handwash® System/Matching Electric Dryer with Automatic Sensi-Dry cycle/Trash Compactor.



YES, I WANT TO ENTER THE ENERGY-SAVING COLD POWER XE SWEEPSTAKES.

☐ I'd like the Water & Fuel Saving Showerhead. I'm enclosing $2.95 plus $.50 for postage and handling charges plus a Cold Power XE boxtop.

☐ I'd just like to enter the Energy-Saving Cold Power XE Sweepstakes

Mail entries to: Cold Power XE
P.O. Box 2414
Hillside, N.J. 07205

Name _____

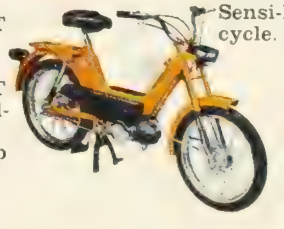
Address _____

City _____ State _____ Zip _____

...and Showerhead offer [illegible] May [illegible], 1978. Please allow 4 weeks for delivery of ... Sweepstakes winners will be [illegible] A prize will be awarded ... and mail the entry blank. Enter ... you may send as many mail-in entry ... separately. All entries must be received by May 31, 1978 to be eligible. 2. Prize winners will be determined by a random drawing conducted by an independent judging organization, whose ... be awarded. Odds of ... depend on the number of entries ... employees of Colgate-Palmolive ... their immediate families ... prohibited by law. Limit ... per family. No substitution ... responsibility. 3. ... Sweepstakes. Winner ... Partners, 20 Bridge Street, Greenwich, CT 06880 after June 23, 1978.

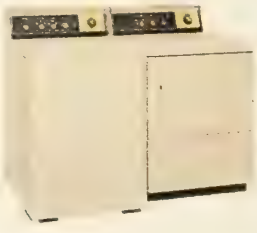
10 SECOND PRIZES:
THE ENERGY-SAVER COLUMBIA MOPED BIKE

Ride for fun and economy on America's FIRST moped—by the makers of America's FIRST bicycle. Top quality, styling and performance. Up to 150 m.p.g.



15 THIRD PRIZES:
HOTPOINT LAUNDRY PAIR

Large capacity Washer with Handwash® System. Matching Electric Dryer with Automatic Sensi-Dry cycle.



20 FOURTH PRIZES:
HOTPOINT MICROWAVE OVEN

Deluxe Hotpoint Microwave Oven with solid state touch controls.



25 FIFTH PRIZES:
HOTPOINT HI/EFFICIENCY AIR CONDITIONER

5000 BTU Portable Room Air conditioner.



Personal computers
continued from page 44

he equivalent of the old-fashioned portble phonograph to the equal of a medim-priced component system. Compacts re especially suited to smaller rooms, o people with limited budgets, and often re ideal as a first stereo system for children.

Next come the "pre-packaged systems" or "component ensembles." These re audio components which have been re-selected by the manufacturer or ealer to meet various tastes and budget equirements. A basic ensemble generlly consists of four pieces—the elecronics (a receiver), a turntable, two peakers. They provide a convenient natched system with more flexibility han compacts, since new components an easily be added or old ones replaced t any time without discarding the enire system.

Individual components are the basic uilding blocks of a high-quality sound ystem. They include turntables, receivrs (or separate tuners and amplifiers), nd loudspeakers. To these may be add-d a wide range of additional equipment, uch as tape decks, headphones, mixers, nd equalizers. In selecting components, t's important to listen comparatively to arious combinations of electronics, urntables, and speakers. A proper balnce in the quality of the components ou select is advisable, and experts sugest you should earmark about 25 perent of your component budget for the urntable and phonograph cartridge, 45 ercent for the receiver, and 30 percent or the speakers.

Q Since stereophonic sound is so popular on records, tapes, and FM radio, why can't we have it on regular AM radio and TV?

A AM stereo is on the way. A broadcasting industry engineering committee recently conducted field tests of three proposed methods for broadcasting stereo over the AM radio band and concluded that all the systems were capable of producing good stereophonic sound without degrading the broadcast for those listening in the conventional monophonic way. These conclusions and measurements were turned over to the Federal Communications Commission, which is expected to authorize AM stereo broadcasting within a year. AM stereo may have the greatest impact in the field of automobile radio, where good reception of FM stereo often is difficult.

The FCC is also considering the use of stereo sound with television, but here the near-term prognosis isn't so good. Even though the American Telephone & Telegraph Company's TV network interconnection system soon will be capable of handling full-range stereo, broadcasters and set manufacturers are less than enthusiastic about the prospect. Most observers feel that some day there'll be three-dimensional sound along with the color television picture, but that "some day" could be a decade away.

Q When television set manufacturers advertise "automatic" color adjustment, just what do they mean? And does it work?

A There are two basic color systems which are truly automatic. The first is called "VIR," which stands for "vertical interval reference." This is a signal which is transmitted by many television stations along with the picture, designed to assure color uniformity all along the color TV broadcast chain, because it is a series of electronic impulses, which are used as references to keep the color right. VIR-equipped television sets pick up this signal and use it in much the same way the TV stations do, to correct any possible errors in the color picture.

The other system, sometimes called autocolor, actually is marketed under many trade names—ColorTrak, Color Sentry, Color Monitor and so forth, which are all similar in major respects. They include automatic fine tuning to prevent drift (as do VIR sets), and automatic tint control to keep flesh tones looking realistic, and an automatic color circuit which continually monitors the incoming picture to cancel out any variations in color intensity. Some have additional features, such as devices to eliminate airplane flutter and automatic circuits to keep blacks and whites from fading into tones of gray.

While the VIR system might conceivably keep colors more *natural*—or at least the way the broadcast station intended them to be—the auto-color system also provides a natural-looking picture. The auto-color system works full-time whether or not the station cooperates, while the automatic VIR adjustment can occur only when the station is transmitting the VIR signal. The majority of TV stations, but not all of them, use VIR at least part of the time.

Both systems have their advantages, and the only sensible way to choose is to watch a demonstration of the automatic features of any sets you're considering. Certainly automatic color systems have eliminated most of the knob-twiddling which used to be so annoying in color-TV. Most of today's sets need only to be turned on to bring in excellent, consistent color. ■



Every good cook should know a little French.
Le Creuset.

Those who cook in Le Creuset know how long Le Creuset lasts. And well it should. Le Creuset is an investment in the finest cookware available. Mothers regard Le Creuset as something lovely to pass on to daughters, because the enameled cast-iron construction brings durable elegance to *any* kitchen. And the unique cooking qualities, savored by the world's most famous chefs, help assure that the foods you cook taste exquisitely. Know a little French now. Le Creuset.

For the retailer nearest you and for a free book containing French recipes write: Schiller and Asmus, Inc., 1525 Merchandise Mart, Chicago 60654 Dept. HG8.

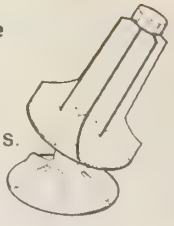
Les pots and pans de France. LE CREUSET

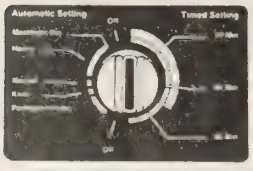


Save $90
on our best selling laundry team.

Color shown: Harvest Wheat.

Our washer/dryer team has the quality features you want. At the savings you want.
A 2-in-1 agitator, a hand wash setting and 3 wash/ spin speeds.





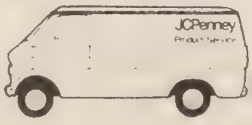
The dryer has automatic time control, programmed drying selections.

#1745 Large capacity washer.
Sale 309.95 Regularly 359.95
#4755 Electric dryer.
Sale 229.95 Regularly 269.95
#5755 Gas dryer. Reg. 299.95 **Sale 259.95**

Sale prices effective March 15 through April 15. Use our convenient Time Payment Plan.

The JCPenney Mark of Quality. It's more than just a symbol. It means that the critical components of this laundry team have been tested by electronic equipment. You'll know you are buying a truly reliable machine for your money.

And we service what we sell.



When you buy it from us we keep it working. Ask about our Assured Performance Plan for unlimited service at a small yearly charge.

White Fresh Avocado Almond

At stores with major appliance departments. Prices slightly higher in Alaska, Hawaii and Puerto Rico.

JCPenney

Ceramic tile doesn't tear, dent, warp, or peel off. None of our imitators can make that statement.



Real ceramic tile. It does things for your bathroom that no marbleized plastic countertop, fiberglass tub, or tile-patterned vinyl can do.

It's unaffected by sunshine, water, little plastic submarines, and hot curling irons.

In fact, there's almost nothing that can hurt it.

Yet this utilitarian material comes in colors and textures that can make your bath look like an emperor bathes there.

In shapes that let you create just about any look you want, just about anywhere in the house.

For a book full of ideas to get you started, just send the coupon and 50¢. And learn all about ceramic tile.

In a world full of imitations, it's nice to find something real.

Here's 50¢ for the Ceramic Tile Idea Book.

Name _____

Address _____

City _____

State _____ Zip _____

Tile Council of America, Inc., P.O. Box 2222, Room 831, Princeton New Jersey 08540

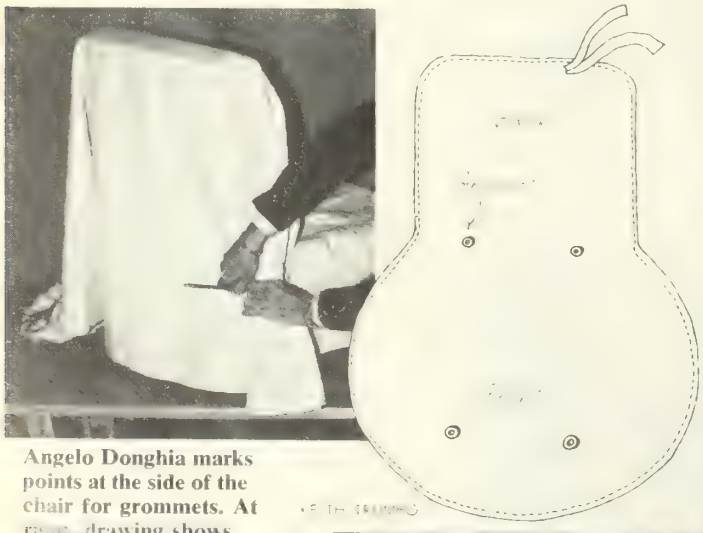
Real Ceramic Tile



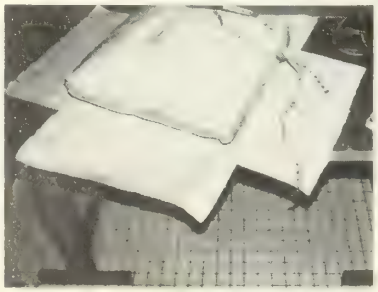
HOW TO MAKE A TIE-ON SLIPCOVER

(like the one on page 117)

It only takes a few minutes to tie up a pretty package of a chair. You can use any 50-inch-wide fabric—the one shown was designed by Angelo Donghia, woven in India, available through & Vice Versa—plus a tapemeasure, scissors, straight pins, a needle, thread, package of grommets, and cord or ribbon for the ties. To determine necessary yardage, measure from the floor to the top of the back of the chair, and down the front of the chair to the seat, over the seat (with cushion removed), then down the front to the floor, and add one extra foot to allow for hemming and graceful fullness. With the cushion removed, lay the cut fabric over the chair, tuck it in at the seat joint, and let it fall naturally. Pin a hem all around, rounding the corners, letting fabric fall so it just skims the floor. Pinch the excess fabric at the back into a pleasing gathering of folds toward the sides, mark the fabric at two points at seat level on each side. Remove the fabric, stitch hem, and apply grommets at the marks according to package directions. Now you are ready to replace the fabric and draw cord or ribbon through the grommet holes and tie it into a bow at the sides. To cover the cushion, center it on a square of fabric large enough to wrap the top and sides plus a little extra for a casing. Cut out corner squares (see picture, *below*) to form a wide cross. Turn all edges under ½ inch, stitch, and guide cord or elastic through this casing to form a "shower cap" around the cushion. Plump it up. ■



Angelo Donghia marks points at the side of the chair for grommets. At right, drawing shows hemmed fabric ready to tie onto chair.



Back at the work table—wrap up the cushion in a "shower cap." Here, the cover in its second stage with corner squares cut out. Stitch a casing, guide cord through.

QUOIZEL

The Thomas Jefferson Collection is available at these fine stores.

ALABAMA
Birmingham–MAYER ELECTRIC CO.
Gadsden–ROSS-GRAMBLING FURN.
Mobile–GULF CARRIAGE HOUSE
Mu. Shoals–SHOALS HOUSE OF LTG.

ARIZONA
Phoenix–BEA'S LAMP & SHADE

CALIFORNIA
Bellflower–BALL ELECTRIC LTG.
Covina–LAMP & SHADE SHOP
Downey–DOWNEY FURN. & APPL.
Fremont–DEPOT FURNITURE
Glendale–DOLL ELECTRIC CO.
Lawndale–FRANK'S MAPLE FURN.
Long Beach–SALLYS LAMPS-SHADES
Oceanside–BLACK WHALE LTG. CO.
Oxnard–JENSEN'S HOUSE OF FURN.
Poway/No. San Diego Co.–LIGHTHOUSE
Riverside–BELL'S FURNITURE
Sacramento–BANAH SALES INC.
San Bernadino–SALEM MAPLE SHOP
San Diego–CARRIAGE HOUSE INT.
South Bay–LONNY'S LAMP & SHADE

COLORADO
Denver–LAMP GALLERY

CONNECTICUT
Hartford–CONNECTICUT LTG. CTR.
Milford–SHEMITZ LIGHTING

FLORIDA
Miami Area–GEORGETOWN (4 stores)
Pensacola–DIRECT INC.
Tampa–SLOHN'S LAMPS

GEORGIA
Atlanta–AMERICAN LTG
Columbus–W.C. BRADLEY CO.
Fairburn–MILAM'S LIGHTING
Macon–PUTZEL'S LIGHTING INC.

ILLINOIS
Decatur–THE LAMP SHOP
Joliet–COUNTRY SQUIRE FURN.
Richton Pk.–P & S ACME ELEC. CO.
Rockford–FORESCO LTG./HOME CTR.

INDIANA
Elkhart–CREATIVE LIGHTING
Laporte–COLONY HOUSE FURNITURE
Schererville–POINT SOUTH LTG.

IOWA
Ced.-Rpds./Waterloo–CARRIAGE HSE.

KANSAS
Lenexa–RENSEN HOUSE & Ind., MO.

KENTUCKY
Bowling Green–SIMPSON FURN.
Louisville–SUNLIGHTING

LOUISIANA
New Orleans–LIGHTING INC.

MAINE
Bangor–THE LIGHTING STUDIO

MARYLAND
Baltimore–HOCHSCHILD KOHN
Laurel–LAUREL LAMP & SHADE

MASSACHUSETTS
Quincy–GRANITE CITY ELECTRIC
Springfield–LAMP FAIR INC.

MICHIGAN
Alpena–P & B FASHION LIGHTING
Bloomfield Hills–WIGGS
Dearborn–T.H. EURICH CO.
Flint–WIN'S LIGHTING
Grand Rapids–DITMAR'S FURNITURE
Lake Orion–PINE TREE LIGHTING
Redford/Livonia–BROSE ELEC.
Utica–OLDE TOWNE LTG. & FURN.

MINNESOTA
Mpls./St. Paul–FREEMAN'S LIGHTING CONCEPTS-ALL THREE STORES

MISSISSIPPI
Moss Point–HAMILTON APP. & FURN.

MISSOURI
Kansas City–LIGHTING CENTER
St. Louis–LIGHTING GALLERY
St. Louis–WICK FURNITURE
Springfield–ELEC. EQUIPMENT CO.

NEBRASKA
Lincoln–WHITE ELEC. CO.

NEW HAMPSHIRE
Hampton Falls–THE HARBOR LIGHT
Manchester–COUNTRY FURN. INC.
Nashua–LIGHTING DESIGN & SUPPLY

NEW JERSEY
CAPITOL LTG.–6 N.J. locations
Allenwood–LEE'S LIGHTHOUSE
Bergenfield–BERGENFIELD LTG.
Elmer–CARL HARZ FURN.
Howell–FRONTIER FURN

NEW JERSEY–continued
Manahawkin–PERK'S ELEC.
Oaklyn–KNIGHT LTG.
Park Ridge–KRELL LTG.
Pompton Plains–COUNTRY FURN
Toms River–GOOD FRIEND ELEC.

NEW YORK
Albany–LIGHTING DESIGN
Auburn–PICCIANO LAMP & SHADE
Big Flats–TERWILLIGER LTG. CTR.
Buffalo–CAPE COD FURNITURE
Elmira–CASH ELECTRIC
Herkimer–VALLEY ELECTRIC
Liverpool–HAFNERS RED BARN
Nanuet–NOVA LIGHTING INC.
Peekskill–LAMP LOFT INC.
Plattsburg–PLATTSBURG ELECTRIC
Rochester–EMPIRE ELECTRIC
Syracuse–EDWARD JOY LTG. CTR.
Yonkers–REGENCY FIXTURES

NEW YORK (METROPOLITAN AREA)
Bay Shore/Coram–BAY SHORE LTG.
Franklin Sq.–BAER'S RUG & FURN.
Freeport–NU-MERIT LIGHTING
Hicksville–MID-ISLAND LTG. & LAMP
North Lindenhurst–YORKTOWN LTG
NYC–INTERNATIONAL DESIGNER LTG.
Riverhead–SUFFOLK LIGHTING
Smithtown–AC LIGHTING
Woodhaven–KLIGMAN'S FURN.

NORTH CAROLINA
Greensboro–CARDINAL SHOWROOM

OHIO
Akron–BERIDS LIGHTING
Canton–BELDEN VILLAGE LIGHTING
Chillicothe–LIGHT GALLERY
Cin-LIGHTING CTR./CHERRY GROVE
Cleveland–ALL-LITE ELECTRIC
Cleveland–BREWSTER & STROUD
Columbus–ELGEE ELECTRIC
Dayton–LYONS LTG. SHOWROOMS
Rittman–RUFENERS FURNITURE
Sandusky–ROBERTS SPECIALTY
Springfield–ALL-PHASE ELEC.

OKLAHOMA
Okla. City–THE LIGHTING CENTER
Tulsa–GARBE'S

OREGON
Portland–LIGHTING SPECIALTIES

PENNSYLVANIA
Center Sq.–REEDS COUNTRY STORE
Coatesville–COATESVILLE ELEC.
Doylestown–DOYLESTOWN ELEC.
Ephrata–STAUFFER FURNITURE
Fayetteville–PINES GIFTS
Hanover–LITE HOUSE
Lebanon–J. A. ANDREWS INC.
Meadville–DECORATIVE LTG.
Monroeville–DESIGN LIGHTING
Pgh.–LIGHTING BY ERIK (N. & S.)
Reading–RIPLING ELECTRIC
Schuylkill Haven–HAVEN FURN.
Sunbury–THE LAMPLIGHTER
Washington–WARD LTG.-GEE ELEC.

SOUTH CAROLINA
Greenville–THE LIGHTING CENTER
Spartanburg–TRI-LIGHTING INC.

TENNESSEE
Knoxville–KEENER CO.
Memphis–LIGHTING INC.

TEXAS
Dallas–LIGHTS FANTASTIC
Fort Worth–ACME LIGHTING
Pasadena–PASADENA COL. SHOP

UTAH
Salt Lake City–CITY ELECTRIC

VERMONT
Rutland–THE SHOWROOM-VT. ELEC.
Shelburne–THE LIGHTING HOUSE

VIRGINIA
Buchanan–BOTETOURT GALLERIES
Fairfax–THE GLASS HOUSE
Richmond–ADVANCE ELEC. SUPPLY
Richmond–ATLANTIC ELEC. CORP.

WASHINGTON
Spokane–MARVEL'S COLONIAL
Tacoma–CARRIAGE HOUSE

WEST VIRGINIA
Charleston–GOLDFARB'S
Morgantown–LIGHT GALLERY
Wheeling–THE LIGHTHOUSE

WISCONSIN
Racine–PAULSONS FURNITURE CO.
Waukesha/W. Bend–LITEHOUSE INC.



Designs by Frank Corbin

Surpassing tradition

Heirloom elegance.
In burnished brass and hand-blown opal glass.
The chandelier and table lamp from the
Thomas Jefferson Collection.

QUOIZEL
Lighting
in the Finest Tradition

For a free brochure, you are invited to write Quoizel, Terminal Drive, Plainview, New York 11803.

The Sealy Posturepedic morning. Feeling so good it shows.

We want you to wake up feeling this good every morning.

So we designed the Sealy Posturepedic® in cooperation with leading orthopedic surgeons for no morning backache from sleeping on a too-soft mattress.

Sealy Posturepedic is a unique back support system. Cushioning layers comfort you. Hinged offset coils give you firm support. And our patented torsion bar foundation helps make your Posturepedic last years longer.

And now, you can choose a Posturepedic in the kind of personal comfort you like—from extra firm to gently firm. Whichever you select, you'll have the same deep-down support.

So don't just settle for any firm mattress. Insist on the one and only Posturepedic. Made only by Sealy.

And wake up feeling so good it shows—every Sealy Posturepedic morning.



Illustrated in queen size is Sealy Posturepedic Premier, from $159.95* ea. pc., twin size.
*Suggested retail price; may vary in Canada

Sealy

SEALY POSTUREPEDIC

The mattress your back will feel good about every morning.

Right now is a great

It's Sealy's 97th Anniversary...and participating stores are celebrating with outstanding values on quality Sealy mattresses. Like the Sealy Rest Collection.

Choose from decorator prints, luxurious damasks, deep quilts. Choice of firmness. Choice of sizes. All with the kind of quality you expect from the makers of Sealy Posturepedic.

You'll find the right mattress for every member of your family and every budget. See them now during Sealy's 97th Anniversary Celebration.



Sealy Rest Deluxe



Sealy Rest Supreme





Sealy Rest Luxury



Sealy Rest Century

Sealy Rest™ Model	Twin Size ea. pc.*	Full Size ea. pc.*	Queen Size 2 pc. set*	King Size 3 pc. set*
Deluxe	$ 79.95	$ 99.95	$259.95	$339.95
Supreme	89.95	109.95	279.95	379.95
Luxury	99.95	119.95	299.95	419.95
Century	109.95	129.95	319.95	459.95

*Suggested retail prices; may vary in Canada

Sealy

DEAR HOUSE & GARDEN...

Here we share some interesting letters from our readers and answer your questions

BY MARGARET MORSE

Hand-washing silks

The "Life-Insurance For Your Wardrobe" article in the October, 1977 issue was especially wonderful. Could Mrs. Aimée Musich possibly tell me how to wash silks?—R.B., Laguna Beach, Calif.

Mrs. Musich replies: Most silks except taffeta (never hand wash) and some embroidered silks can be handwashed. Test-wash a shirttail, obscure corner, or a scrap from a seam first, as below. If unsuccessful, resort to dry cleaning. Otherwise wash as follows: Dissolve *soap* flakes such as Lux or Ivory in hot water, adding cold until tepid. Quickly immerse garment. For white or pale colors, add drop of ammonia. Gently squeeze suds through garment, then gently squeeze out (don't twist) excess water. Rinse *well* in tepid water till no soap trace remains. Fill sink again, add 3 tablespoons white vinegar. Rinse garment again in this, then in plain water. Roll garment in towel, gently twist out excess water. Then roll gently in second towel and *keep damp* until ironing. Iron on wrong side with dry iron, working up from a warm to a medium-hot setting. Don't air-dry silks—it yellows them.

Washing embroidered silks is always risky. To help keep colors from running, first give garment a bath in cold salted water (about 4 tablespoons table salt to a gallon). If colors still run, don't risk washing. Otherwise, wash as above. However, never scrub embroidery. Iron as above.

Rag rugs rediscovered

I love the rag rugs in Mrs. Henry Parish's Maine house December, 1977 issue. Can you tell me where I might buy something similar? —K.A.H., Atlanta, Ga.

If you can't find rag rugs at your local department or specialty stores, ask your interior designer or the decorating service of your department store to investigate these decorator sources:

1. Harmony Carpet Corp.—custom and stock colors.
2. Rosecore Carpet Co.—"Cologne" cotton rug collection with 27 color choices; plaid, plaid-and-tweed, and box-patterned rag rugs, too.
3. Stark Carpet Corp.—"Laval" collection of rag rugs, plus a rag rug look-alike wool broadloom called "Candystripe." Incidentally, Stark also has Irish flat-woven wool and wool-and-linen rugs similar to the rug in Mrs. Parish's guest-sitting room (December, 1977, page 115). Ask for the "Tack" collection.

All these companies make solid and multicolored cotton rag rugs in stock and custom sizes, and all are located at 979 Third Ave., New York, N.Y. 10022.

Inexpensive hit-or-miss-patterned cotton rag throw rugs and runners are available by mail from Jenifer House, Great Barrington, Mass. 01230 (the catalogue is 25¢).

Vintage advice

We read with great interest Mr. Cutler's article on dessert wines in the January, 1978 issue. Do you have similar information on the Bordeaux and Burgundy areas? —M.G., Los Gatos, Calif.

A good introduction to red as well as white wines is *Alexis Bespaloff's Guide to Inexpensive Wines,* now out in paperback. You may order a copy for $1.85 ppd. from the Mail Service Dept., Pocket Books, Simon & Schuster, Inc., 1230 Ave. of the Americas, New York, N.Y. 10020.

Building a barbecue

I plan to build a masonry barbecue outdoors. Could you recommend a source for instructions?

—E.O., Stockbridge, Mass.

You'll find instructions for building two brick barbecues in the pamphlet "16 Outdoor Brick Projects You Can Build," which is available for 50¢ ppd. from the Marketing Division, Brick Institute of America, 1750 Old Meadow Rd., McLean, Va. 22101. The mortared design is well worth the extra time it will take to build because of its superior stability. As you must adjust the instructions to the size of your two grill racks, be sure to buy them first.

Switch ons

I am looking for some unusual and handsome switchplates for my home.

—A.M.C., Wollaston, Mass.

You might consider glass mirror plates that can be installed on ordinary wall switches and floor sockets, such as those made by J.C. Budd Associates and by Weiss & Biheller. You may order them from Rosetta Electric Co., 21 W. 46th St., New York, N.Y. 10036: One for a single switch is $3.95; for duplex socket, $3.95; for double switch, $4.95; for single switch plus duplex socket, $4.95. Shipping is additional—about $1.50 for five items. *(Continued on page 62)*

Free Idea Book on the window that's easiest to wash



Pella • Lots of elbow room

Others • Very little elbow room

Pella Idea Book. 16 pages in full color packed with interesting examples of how the right windows can add beauty and livability to your home. Tells how Pella Wood Windows make washing easier, cut energy costs and need no painting. Contains a helpful guide to different window types, and how each works. Describes the important things to consider in proper placement of windows. In short, it contains everything you need to know to make an intelligent decision about windows. And it's yours free!



Please send me a free copy of "Pella Window and Door Ideas."

Name_____

Address_____

City_____

State_____ ZIP_____

Telephone_____

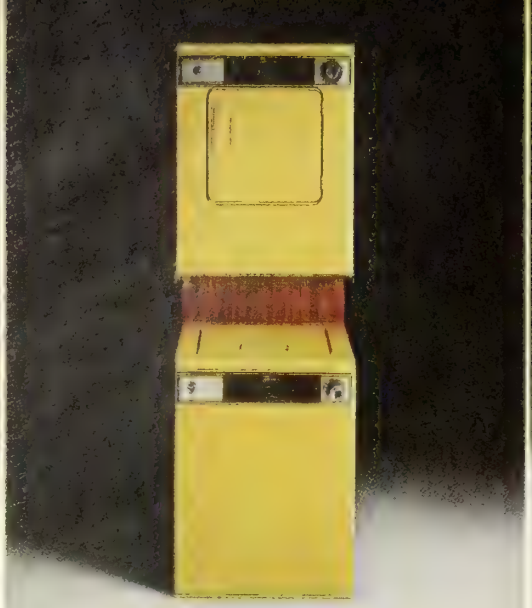
Mail to: Pella Windows & Doors, Dept. C03D8 100 Main St., Pella, Iowa 50219.
Also available throughout Canada.
This coupon answered within 24 hours.

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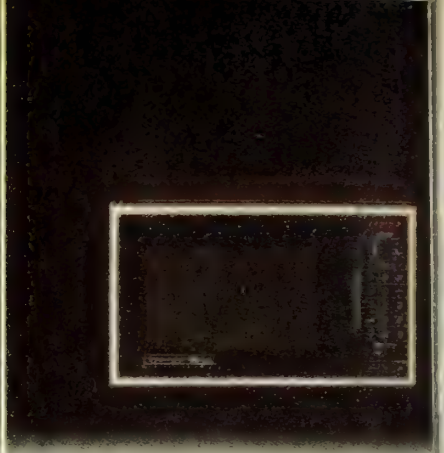

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Come closer. What you're looking at is magnificence. The swirling patterns of olive ash burl veneers in configurations you would not believe. One of nature's masterworks, showcased here in crisp architectural elegance. Our "Alpha" bedroom and dining room furniture is available now at a price that belies the adoration this regal wood inspires. For folders of the whole wide world of Lane furniture, send 50¢ to The Lane Co., Inc., Dept. N042, Altavista, VA 24517.
For your nearest "Alpha" dealer, phone free day or night: 800-243-6000. (In Conn., 1-800-882-6500).



Ranges and Ovens



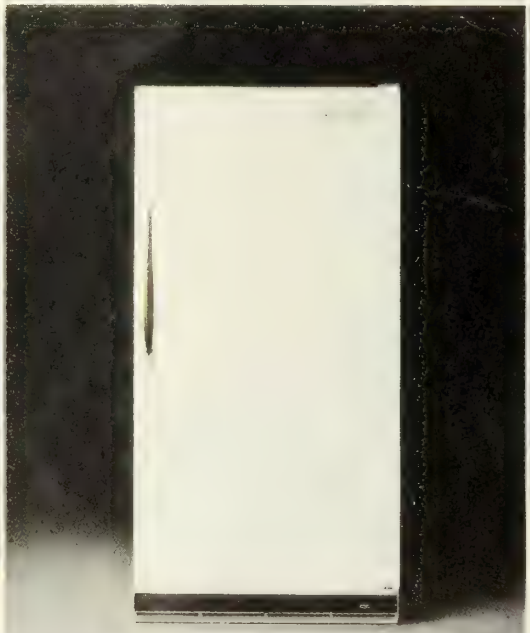
Compact Laundry Pair



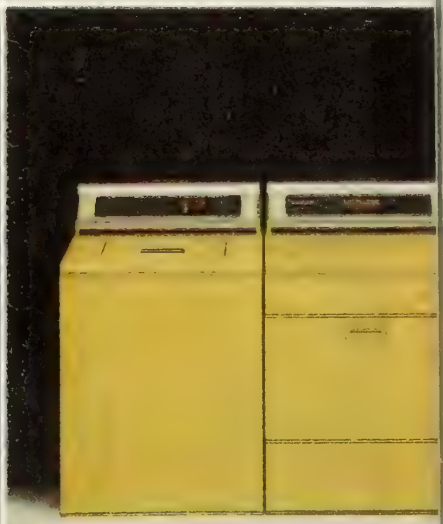
Microwave Ovens



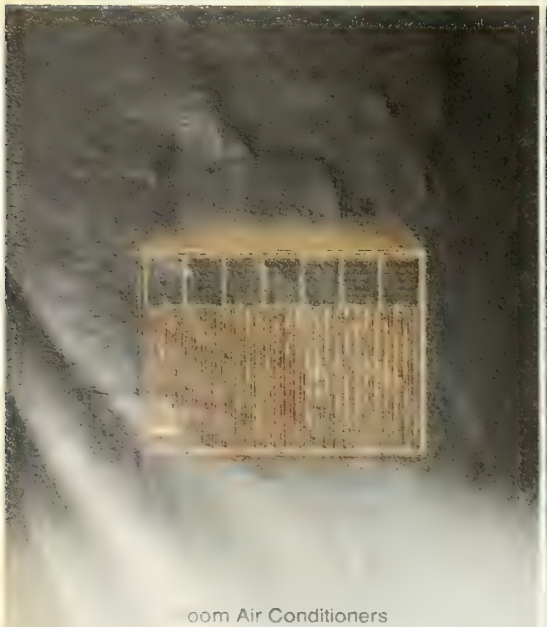
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We do these things, and we're doing more, because at Whirlpool we believe a company has to think quality before it can ever start to sell it.

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Whirlpool
Home Appliances

We believe quality can be beautiful.

Sealy introduces the new Back Saver mattress at a price to fit your budget.



$79.95 Back Saver Super
Twin Size, each piece.

$109.95 Full Size, each piece
$139.95 Queen Size, each piece
$369.95 King Size, 3 piece set

You won't find a mattress that gives you more for your money than a Sealy Back Saver. Each one is luxuriously quilted to plush Sealyfoam® and designed with tempered steel coils for comfort and support that will hold up year after year. See the new Sealy Back Saver bedding today. Choose your firmness, choose your size. It's at your Sealy dealer now!

Sealy

ohio-sealy mattress manufacturing co.



Back Saver Supreme

$89.95 Twin Size, each piece
$119.95 Full Size, each piece
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Back Saver Luxury

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Andersen Windowalls®

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Dear House & Garden
continued from page 56

Lend-a-hand housing

I'm interested in building an apartment building with provisions for the physically handicapped in one apartment. Where can I turn for information?
—C.J.E., Flint, Mich.

Since many architects and contractors know Ramsey and Sleeper's reference book *Architectural Graphic Standards* (published by John Wiley & Sons), which includes illustrations of ramps, doorways, sidewalks, and bathrooms accessible to most handicapped persons, they could adapt or design building plans to suit your needs and local building codes. Three other sources of information are:
(1) The Publications Marketing Manager, The American Institute of Architects, 1735 New York Ave., N.W., Washington, D.C. 20006. Ask for the free bibliography and order blank called *Barrier-Free Architecture.*
(2) The Office of Independent Living for the Disabled, U.S. Department of Housing and Urban Development, Washington, D.C. 20410. Free *HUD Programs That Can Help the Handicapped* brochure includes a bibliography with ordering information.
(3) The Architectural and Transportation Barriers Compliance Board, Washington, D.C. 20201. Free list of publications. (Any building constructed, leased, rented, or renovated since 1968 with Federal funds must meet Federal minimum standards. Write the A. & T.B.C.B. for information.)

Arboretum advice

Our Junior League committee hopes to help develop, in conjunction with the Boise city government, a nursery-arboretum for our city. We are beginning the process of selecting a landscape architect and would like to obtain the names of some professionals we might consider.
—S.M., Boise, Idaho

For a free list of landscape architects in your locale, write the American Society of Landscape Architects, 1900 M St. N.W., Suite 750, Washington, D.C. 20036. The society also has a free list of publications. You might also look into the *Handbook on Americans Gardens—A Traveler's Guide,* an 87-page softcover guide that lists 250 gardens and arboretums in the U.S. and Canada. You may order a copy for $1.75 ppd. from the publisher, the Brooklyn Botanic Garden, 1000 Washington Ave., Brooklyn, N.Y. 11225. You might write the directors of gardens and arboretums similar to the one you'd like to build and ask if they could give you further information and possibly the names of the landscape architects involved.

Colonial-style sinks

I'm looking for a dry sink. Can you help?
—R.P., Zebulon, N.C.

A mail-order source for an unlined Pennsylvania Dutch-style dry sink of weathered barnboard is the Sturbridge Yankee Workshop, Brimfield Turnpike, Sturbridge, Mass. 01566. Catalogue, 50¢.

Two manufacturers of copper-lined maple or pine dry-sinks who sell only through stores are: Ethan Allen Inc., Danbury, Conn. 06810—You may pick up a free copy of *The Treasury of Ethan Allen* catalogue at any Ethan Allen store (those nearest you are in Asheville, Charlotte, and Greensboro), or order a copy from Ethan Allen for $7.50 ppd.

Heywood-Wakefield Company, Gardner, Mass. 01440—Both the Old Colony Pine and the Publick House collections include a dry sink. Write Mr. Howard Hauger at Heywood-Wakefield for stores nearest you.

Refreshing silk flowers

I have inherited some silk flowers that would be even more beautiful if they weren't so dusty. Can you suggest how I might clean them?
—C.W., Armonk, N.Y.

Joan Tupper, who makes and imports silk flowers and who has designed bouquets for several museums, has several tricks for cleaning silk flower arrangements. To dust, pass a pistol hair dryer over the arrangement, holding on to the back of each blossom in turn. A brush-and-bulb lens cleaner, or a spray can of pressurized air (both sold at camera stores), works well too. If the flowers are very dirty, you can go over them with a semi-dry soft toothbrush or a camel's hair artist's brush. Keep washing the brush in soap and water and dry out on a terry towel before each use so the flowers are dampened as little as possible.

To clean loose silk flowers, fill the bottom of a paper bag with some borax or table salt, make a bouquet in your fist, close bag around flowerheads, and shake.

The secret is to clean gently but often —at least once a month—so the flowers don't loose their shape but are never allowed to get too dirty.

Mrs. Tupper sells her flowers by mail from 97 St. Marks Ave., Brooklyn, N.Y. 11217. Price list is free, photographs are $3 ppd. (deductible from a purchase). ■

Manuscripts

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Farberware's Country Design Coffeemaker.

Farberware thinks a coffeemaker should be a pleasure to look at as well as to use.

So we created the new Farberware Country Coffeemaker.

Its handsome cabinet blends beautifully with any surroundings. What's more, the Country Coffeemaker works beautifully. It makes from 4 to 12 cups of perfect coffee at a time. At the rate of one cup a minute. And it cleans almost as fast as it makes coffee.

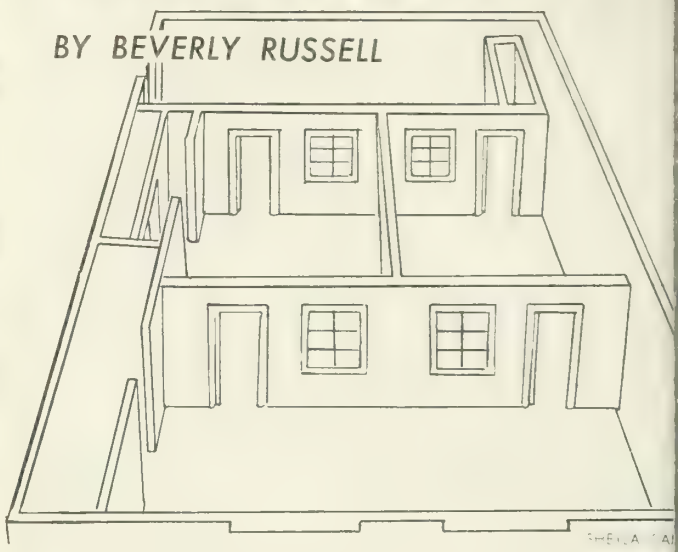
Farberware's new Country Coffeemaker. A beautiful combination of country charm and Farberware [illegible].

If it's worth doing, it's worth doing right.

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KIDDE

LIVE-IN DOLLHOUSE

BY BEVERLY RUSSELL



Four rooms within a room where two small sisters live and play house

A few years ago, Christie and Evely the two sisters who live in this marvelo mini-apartment, originally wanted share the same room. So their paret gave up their large master bedroom a moved into a smaller room. The gi had one glorious space to sleep, pla and entertain in. Then sibling rivalry in. And the sisters decided each want her own quarters. At this point, the parents didn't want another total u heaval, so they devised a way of dividi the room to give each girl a separate be room, plus a shared play space and hallway with a swing and climbing ro for indoor gymnastics. The result attra ed the interested attention of Profess Don Wall of the New Jersey Institute Technology, whose specialty is child chitecture. "It's one of the best en ronments I've seen for youngsters," reported. "The children feel as if th have their own apartment, which giv them a sense of identity and control their own territory. But the scaled-do dimensions of the spaces have a dc house quality, which responds to t child's natural instinct for play."

The transformation of the space w a simple building project. Two freestan ing walls were constructed across t room with 2-by-4-inch framing, cover with sheet rock. They are 7 feet high. inches lower than the ceiling, to allo light in and counteract any sense "boxy" enclosure. The walls have 4-by- feet windows (shatterproof plastic pan and 6-foot doorways with sliding lo vered doors, *see sketch*. A third wall pe pendicular to these walls divides off t space into two bedrooms, one for ea sister. All walls are nailed to the flo right over existing carpet, which is so



Top: Plan of the girls' open, airy apartment, with living room and bath in front, bedrooms behind, and hallway, with swing and climbing rope in back. Scaled down spaces were once a big bedroom.
Above: The girls in their mini-gymnasium. Louvered door hides a closet; hallway leads to rest of the house.

rown and furry, like a teddy bear. The ıme mosaic-striped wallpaper that cov- s the original bedroom walls is repeat- l for continuity on the new walls of the ollhouse apartment. Yellow-and-white- ıeck gingham makes curtains that hang the windows and covers for the beds. ach sister can look out onto the shared ay area or the exercise hall. Or they ıay close off their space by drawing the ırtains and shutting the doors, when rivacy is required. Each girl has her wn white Formica-topped desk and ellow miniature secretarial chair for omework. Two more secretarial chairs ırnish the shared play area, along with circular white Formica play table. A rib, used when Christie and Evelyn ere infants, has one side removed, its ıattress covered with yellow-and-white rint cotton, and serves as a cozy sofa. ll toys, games, dolls, books, and rec- rds are stashed in storage cubes. Some oll across the floor on castors, perform- ıg as extra seating. Others are stacked ne on top of the other to make shelving.

These days Christie and Evelyn are ıe envy of their peers in the second and fth grades. Everyone wants to be in- ted to play in their apartment. Such eactions don't surprise Professor Wall. The spatial complexity makes it an en- ched environment. It's exciting to see om window to window and door to oor. The space allows children to live ıeir fantasy and be inside a dollhouse." What's more, he adds, it's a learning ex- erience, bringing them in touch with ar- hitecture. They are conscious of exte- or and interior spaces.

For Christie and Evelyn's parents ıere is satisfaction in having created a oom that works. "It's very effective and fficient and will probably suit the girls or another four or five years. After that, e can take everything down very easily nd the room will be just as it was before e started." ■

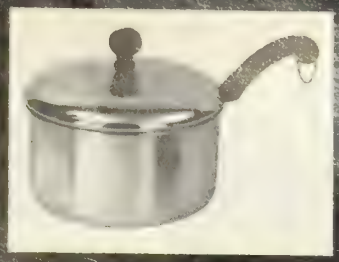
TOM LEE

Free-standing walls are 18 inches lower than the ceiling to allow light in and counteract any sense of "boxy" enclosure





Above: Christie and Evelyn visit in one of the girls' private bedrooms. Each has her own desk, chair, and window, plus storage space.
Center: Looking over from the hall to the shared living room. It's complete with sofa, round table, and stackable cubes for toy shelves.
Below: Door and paned windows give each girl a personal entrance and view from bedroom to living room.



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The Farberware Food Processor.

It's a good idea to get the newest thing in kitchen appliances, the food processor, from a trusted name in kitchen appliances. Farberware.

True to Farberware tradition, our Food Processor is simple to operate and just as simple to keep clean.

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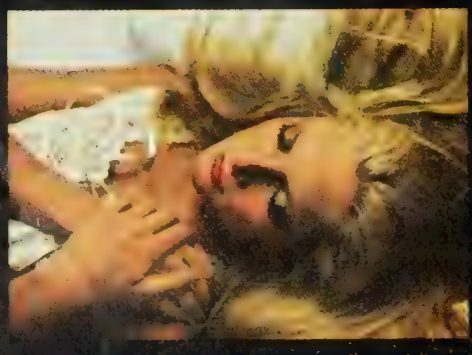
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The cash register of Nettie's speaks to the computers of Needham.



(Frank Kirtien Jr., Vice-President of Nettie's Flower Garden, wreathed in smiles.)

"Contrary to popular belief, life in the flower business is no bed of roses.

"It's a jungle out there.

"And although, as Vice-President of the largest flower business in St. Louis, I'm an expert on the likes of Floridian gladioli, Dutch parrot tulips and South American carnations, what I used to know about media buying did not amount to a hill of beans.

"So, like my competition, I depended on radio, local newspapers and the inevitable neighborhood grapevine.

"But as my business began to branch out from corsages to conventions, bouquets to banquets, I wanted a media buy that would reach more successful businessmen without nipping too far into my advertising budget.

"Then last year, my advertising agency—Harris McKenna Meng—told me about MNI.

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"And our business has grown bigger than ever, while—unfortunately—the flower industry in general has wilted slightly. If there's a smell sweeter than roses, it's success."

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Perfect Sleeper®

SLEEP—THE LONG AND SHORT OF IT

Facts about fidelity, and the importance of touching



BY MARY CATHERINE TYSON, M.D.

Q I've only been sleeping five or six hours a night. Is this short sleep likely to affect my health?

A Some differences between "long" (ten hours) and "short" (about six hours) sleepers have been detected by research at the Sleep and Dream Laboratory, Boston State Hospital. Studies indicate that you should not be worried about short sleep. People who sleep briefly tend to be efficient men and women, who accomplish much and deal with problems by keeping occupied. They tend to be nonworriers and generally, things go well for them. Longer sleepers tend to have more mild psychological and somatic complaints. They take problems "hard" and find more difficulty in making decisions. They may use sleep as a refuge and prolong it to escape reality, but with negative results. Physically, long sleep can be harmful as the circulation slows down. Among older people, long sleepers have a high incidence of thrombosis and clots. Many happy, busy, productive people get along well on as little as four hours sleep a night, as Edison did. Certainly there is no need to resort to sleeping pills to extend rest. Almost all of them interfere with the pattern and purpose of sleep. Barbiturates and some other hypnotics inhibit REM (Rapid Eye Movement) sleep, which is the dreaming state. Studies have shown that dreaming is essential to a refreshing sleep. During this time, it is hypothesized, we work out our problems subconsciously, often in a wild and bizarre way, thus enabling us to start fresh another day.

Q Does sexual fidelity really improve a relationship?

A Sexual faithfulness or monogamy is often considered an attribute which distinguishes man from other animals. There is not a sharp line drawn between them, however, as we know that in man faithfulness is not universal and among animals the cardinal bird is monogamous and the swan and coyote take one mate in their entire lives and remain alone if that partner dies. Although Bertrand Russell said that uninhibited people are often polygamous in instincts, the pattern of fidelity was set early in history because of the long period of children's dependence and their slow maturation. For survival of the race, mother and father were necessary to enable the children to be nourished and cared for until adolescence.

Bruno Bettelheim, in his book, *Children of the Dream*, discusses societies in Israel whose children are brought up in a regimented group environment without their parents, as they are also in China and Russia. On the surface, this seems to lessen the need for monogamy. The children are healthy and very cooperative, but they lack a competitive spirit, personal drive, and the individuality that we prize so much.

One common cause of sexual infidelity is the continuing into adult life of the childish dream of a prince and princess living happily ever after. The blunt reality of problems that inevitably occur in marriage may explode this myth and make an immature partner want to brush off the whole situation and seek greener fields, when with love, patience, and cooperation, the marriage could have been saved. Those who split up, as Sigmund Freud said, often repeat the same mistakes in their next involvement, choosing a similar partner and carrying their own neuroses and misconceptions with them. The success of a sexual partnership, like any other project in life, is only proportional to the amount of work put into it. It's true that most of us at some time or another have felt attracted to a member of the opposite sex, other than our special partner. Similarly, most of us have also been tempted at times to overeat or gourmandise, only to regret the experience later. One meaning of love is to nurture and be nurtured, and if there is true and total love between partners and they are emotionally mature, there will be little probability of unfaithfulness. Recently, even two authors of a book advocating "open" marriage a short time ago, have recanted and state that they feel it is not the way to true happiness. *(Continued on page 190)*



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TRIPS TO TAKE RIGHT AWAY

HOW TO GET FRIENDLY IN FRANCE BY CORALEE LEON

"There's the sign!" Darryl shouts, just as we go past it. In one practised motion I apply pressure to the brake and the bread and cheese in the back seat glide gracefully onto the heap of sweaters, travel guides, and Michelin road maps on the floor. We back up. "La Boulaye," the sign says in faded hand-painted letters: the birch grove. A little dirt road leads us across a green-gold meadow like the ones we've been passing since we left Paris two days ago—the kind that roll away beneath picturesque sprinklings of cows or sheep and disappear into misty forests. At the end of the road, an iron gate spreads its arms in welcome, and beyond it, at the head of a gravel drive edged with lawns and careful flower beds, the château presides over its woodland, its small row of outbuildings, its gardens, and its little village just over the rise, as it has done for the last several hundred years.



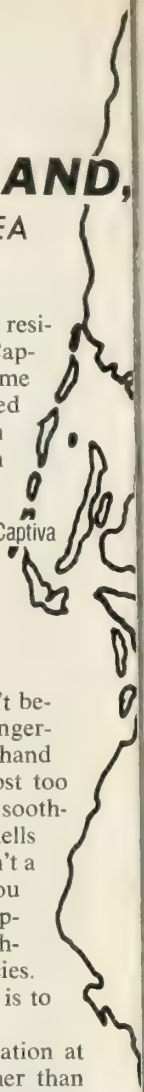
Above: Dominique de Champeaux and my son, Darryl. Below, left: Pierre and Isabelle de Maleville. Below, right: The Desouche family



"This is a castle?" Darryl asks. "Where are the turrets? Where is the moat?" Good questions, for La Boulaye is not the sort of château we found along the Loire. It is more a stately manor house, gray stucco, its grand front staircase facing a green through which runs a little stream that imitates perfectly the sound of rain. But it is a château nonetheless, and to prove it, here on the grounds is the stone silo-shaped *pigeonnier,* unmistakable symbol of nobility from the days when only noblemen were entitled to keep pigeons, squab being considered a strictly noble dish.

We pull up in front of the ivy-covered outbuildings—once stables and servants' quarters, now charmingly converted into a house for Monsieur Alain de Champeaux and his wife and family (Monsieur's parents still live in the château itself. We're glad to be stopping for a few days, but won- *(Continued on page 72)*

CAPTIVA ISLAND, A GIFT OF THE SEA BY DEE HARDIE



It is said, especially by male residents, that the island of Captiva was given its provocative name because pirates kept their captured women there. If those women were only slightly interested in collecting shells, it couldn't have been all bad. The beaches of this small island off the west coast of Florida are beautifully blanketed with shells, every new tide carrying in new treasures.

The shell game goes on forever at Captiva. At first you can't believe there are so many at your fingertips. You simply put down your hand and bring up a fistful. It's almost too easy. But soon it becomes a very soothing, intriguing pattern to shift shells rather than sand. And if you aren't a collector when you get there, you are by the time you leave. (Happily, the shells on Captiva's beaches are not from endangered species. However, the nicest thing to do is to collect only the empty ones.)

We went to South Seas Plantation at Captiva to collect our wits rather than shells. But we knew about the beauties and bounties brought in by the sea, because if you mention Captiva to anyone who has been there they instantly say one word—"shells." We went to switch off, to rest on this capsule island, only a half mile wide and 5 miles long.

So did Anne Morrow Lindbergh who wrote *Gift From the Sea* while there. The painter Robert Rauschenberg has had a house there for 12 years. You can readily see why *(Continued on page 82)*

IN BRITAIN: RESERVE THIS MINUTE FOR THE CHELSEA FLOWER SHOW OR ERICA WILSON'S NEEDLEWORK TOUR

The annual summit conference for flower lovers, the Chelsea Flower Show, begins in London the end of May. If you'd like to go, there's a tour arranged by British Airways and Keith Prowse International, a British tour organizer. Leave from New York, Boston, Chicago (plus other U.S. cities) May 20, and come home May 28. The week in London costs from $240 to $393 double occupancy depending on what hotel you choose. In the price of your hotel: a day's private view of the flower show plus a second day's admission free, membership in the Royal Horticultural Society; a day trip to Wisley to see the R.H.S.'s 300 acres of gardens; the chance to meet British horticulturalists. Call Keith Prowse toll-free (800) 223-6777, see your travel agent at least 15 days in advance.

If your passion is needlework, go with Erica Wilson to her native Britain (she graduated from the Royal School of Needlework), and tour houses with outstanding needlework collections. She's written books on the subject, among them *Erica Wilson's Embroidery Book* and *Needleplay* (Scribner's), and also done a TV series. As you go, you'll see famous houses, castles, gardens, and often be the guest of the owners for drinks or dinner. The trip starts in Scotland, June 16, ends up in London, June 30, with Erica taking you through the needlework collection at the Victoria and Albert. Reserve now. Excluding airfare, the price per person based on double occupancy is $1,475. Group fare will be arranged by Erica Wilson on British Airways. Write Erica Wilson, 717 Madison, Ave., N.Y.C. 10021.

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der how it will be, living as guests in the home of people we have never spoken to, never even laid eyes on, from whom we have been separated by an ocean, a language, a culture. We don't wonder long, though. The front door opens and smiles pour out. A handsome, distinguished-looking woman, a man whose kind expression puts us instantly at ease, a couple of dogs, and two teen-aged boys looking quintessentially French in short trousers and sandals. Welcomes, endearingly formal; help with our bundles; questions, questions. And shy curiosity among the boys—Antoine and Dominique, and Darryl, my 11-year-old *monsieur le navigateur*—who within half an hour will be consulting one another about electric trains, the Concorde, and Ping-Pong strategies, quite unaware that they are speaking two different languages.



It's only the beginning of the kind of magic that happens to you when you travel through France the way we're doing it, under a program called *Chez des Amis*. It means "at the home of friends," and if you aren't when you arrive, chances are you will be by the time you reluctantly depart.

The *Chez des Amis* idea was conceived by a pair of vivacious and energetic women—Judy Haber (American) and Evelyne Jankowski (French)—who felt that, given the stereotyped images each culture holds about the other, it was high time the people started finding out about each other at firsthand. They rounded up and screened nearly a hundred families across France, matched them carefully with prospective American guests, and launched themselves on what has turned out to be the highly satisfying enterprise of changing strangers into friends. (It's literally true, too: Some *Chez des Amis* families have been known to invite their American visitors back as their personal guests, and to plan reciprocal trips to the States.) The keys to Ms. Haber's and Ms. Jankowski's success are their shrewd perception and genuine delight in people, which helped them formulate one of the best travel questionnaires in the business. You're asked questions like: Do you prefer urban or rural living? (You can choose families in farmhouses, châteaux, town houses, and renovated barns.) Is there a particular region you wish to visit? Do you consider yourselves permissive parents? Do you speak French? How well? They ask for a reference—"the name of someone who'll say they'd be glad to have you as a house guest"—then match up your preferences with the families in their files, and send you some descriptions to choose among.

We stayed with three families, beginning with the de Champeaux in Burgundy, at the top of the region between the Loire and Rhône valleys, where the map reads like a wine list; Jean-Loup and Veronique Desouche in the Charante, where those famous, delectable little Charantais melons come from; and Pierre and Isabelle de Maleville in Provence, about an hour's drive from so many interesting ruins, markets, and festivals that you could easily spend an entire summer here and not be bored. I figured my college French had about rusted through in its 12-year dormancy, so *Chez des Amis* made sure there would be someone at each stop who spoke at least a little English. But even when my struggles in French were matched by theirs in English, language was anything but a barrier. As Isabelle de Maleville said, to translate from her French, "When you like someone, you speak without words." And one has only to sit at a dinner table with a family engaged in an eager conversation complete with gestures, facial expressions, halting translations, and gales of laughter, to know that firm human connections depend on something quite apart from a mere fluency with words.

CHEZ DE CHAMPEAUX

The boys emerge from Dominique's room, where the trains are, in time for dinner, which Madame has been preparing while Monsieur and I chat in the low-ceilinged living room. The house, furnished with family heirlooms, feels comforting and close against the mist that has settled over the dusky hills. We gather around the big oval table for the first of many family rituals practiced at every mealtime all over France. It is apparent everywhere that the first love of every man, woman, and child is food. They spend hours discussing, growing, preparing, and eating it. Every village, no matter how tiny or how ancient, has its *boulangerie*, its *charcuterie*, and, God bless it, its *pâtisserie*. You have never tasted French bread until you've tasted it in France. The pâtés and sausages bring tears to your eyes. And in the pâtisseries, which Darryl frequently had to insist that I drive by without stopping (he being the sensible member of the party), we found a certain species of double-decker chocolate-iced cream puff filled with chocolate custard so heavenly it's called a Religieuse. The French preoccupation with food strikes straight to the family kitchen. All the families we stayed with had gardens, and Veronique Desouche grew several kinds of chickens and sheep along with her vegetables, fruits, and berries. When Darryl was given a baby pigeon that had fallen from its roost in a neighboring *pigeonnier*, Mme. Desouche licked her lips with such enthusiasm that Darryl clutched the feathered morsel protectively to his chest. Indeed, in France, if something doesn't move fast enough, it's in danger of being eaten.

Each meal begins with an opening course—tonight, at the de Champeaux, homemade pea soup—followed by the main dish (chicken in a thickened broth with rice), salad as a separate course (lettuce only in a delicate vinaigrette—we never saw a tomato in a salad anywhere), cheese (mainly goat cheeses of the surrounding neighborhoods), and dessert. Tonight Mme. de Champeaux has made a Marquise au Chocolat, like a rich molded mousse, served with vanilla sauce (see her recipe on page 80). Bread, delivered twice a week and kept in an upright wooden box 3 feet high, is served throughout, and there's always a bottle of wine on the table, freshly opened in honor of each meal.

The de Champeaux are not wine-growers themselves, but they can arrange to take you to the caves of some of their friends if you like. Monsieur is a forester who grows conifers from seed and tends them until they are a robust 5 years (and 6 inches) old, when they are transplanted to the surrounding hillsides. It is a serene existence, and a lovely way to begin a visit to the French countryside. The de Champeaux are eager to share with us the region they love, its history, and its lore. We spend quiet evenings talking while Madame presses on with knitting, or taking turns at the piano, or looking up Roman-inspired architecture in a big worn book from the cupboard. And then we retire to our room, a cozily papered one with a private entrance, a window curtained with ivy and overlooking the green, twin beds, lovely antiques, and an adjoining *cabinet de toilette* (the *salle de bain*—room for the bath—is upstairs, and shared with the family).

In the morning we rise rather later than we had expected. Monsieur smiles: "It's the trees," he says fondly. "They give off oxygen, and since there is no noise here, people sleep very well."

You could spend your days swimming in the little lake, catching trout in the stream, playing tennis on the court behind the house, or sailing at the *digue* (dam) nearby, but the greatest pleasures, Darryl and I think, are to let the families take us to the places they love best, for then their personalities come alive. Monsieur de Champeaux walks with us in the woods, which he tends with care and great respect, and takes us

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ENIT

Friendly in France
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to the preserve of the wild boars, whose spiky-toothed inhabitants come to the fence to partake greedily of the sugar the boys offer from a respectable distance. We exchange wildflower names as we pass them: buttercups are *boutons-d'or* (gold buttons); foxgloves, *digitale* (the source of the drug digitalis). We explore La Petite Verrière (The Little Glassmaker, the name of the town of which M. de Champeaux is mayor) built entirely of ancient yellowed stone, with tiny houses in which live farmers, millers, craftsmen. There is a church here that stands empty because the village cannot afford a vicar. The de Champeaux drive each Sunday to the lovely Roman-inspired Cathédrale de St. Lazare in the town of Autun (pronounced, with great difficulty, "oh-tuh"), where Madame sings in the choir ("I stand just here," she says, placing herself before a huge pink marble pillar that has stood for 700 years). The church is full of delightful primitive carvings of humans and animals wearing alternately fierce or inane expressions, all of which were plastered over by later Catholics who found them distasteful. It was through the efforts of a lively young priest that they were uncovered in recent years. The head of the Christ, which had protruded beyond the plane of the main entrance, had been sawn off and the wound plastered over. The young priest, quite by chance, discovered a similar-style head in a museum, suspected it was the very one, and waltzed off with it concealed beneath his robes, but not before being waylaid to drink tea, his prize cumbersomely concealed, with the museum curator's wife.

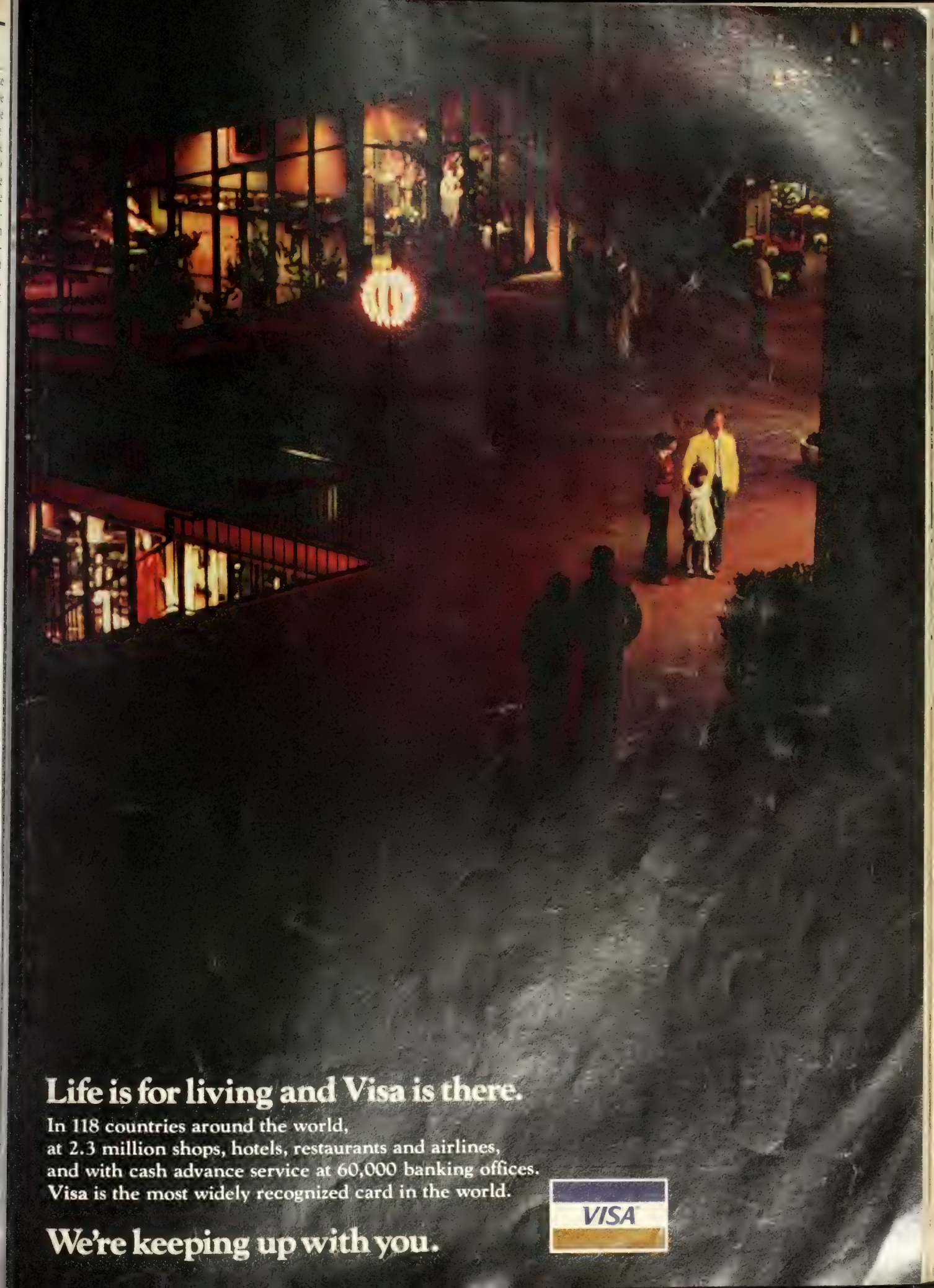
From the bell tower of St. Lazare, which Madame and I climbed, we can see the whole of Autun, with its houses and walled gardens, and, beyond its protective stone walls, the green hills rolling away, a castle or two tucked in its folds. "Remodeled," Madame says disdainfully. "In the 18th century, there was a great flurry of turret-building."

When we return to La Boulaye, I'm sent to the garden with Monsieur and the boys to gather strawberries for dessert, and a lettuce for the salad. We laugh and joke together, and feel the awakening of real affection. In the morning the car is packed and we are ready to leave, and M. de Champeaux tells us he feels we have known each other for years. It is a wonderful gift; we know we are saying farewell to friends.

CHEZ DESOUCHE

We drive west across the Massif Central, past mille-fleur meadow tapestries that let us know exactly what inspired the famous needlework, and through sun-spattered woodlands whose light is like an impressionist painting. France, we agree, must have been the birthplace of art. We stop and taste honey so rich and

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granular it's like eating candy with a spoon, and make meals of bread, cheese, and fruit. We're following our Michelin Yellow maps, opened to the fold directed by the reassuring instructions sent us by *Chez des Amis*. If a place is so remote even the roadmap can't pinpoint it, you're supplied with a hand-drawn map that leads directly to the front door. The French road signs are less cooperative: Many of them point in one direction only, and you must drive beyond them to see where you're going. (The bread and cheese landed on the floor more than once.)

Where we're going is at the end of a drive that leads through acres and acres of grapevines growing in the chalky hills of the Charante, in the town of Fouquebrune, near Cognac. We are greeted by a lively young couple—Jean-Loup and Veronique Desouche, their son Xavier, 14, and a big cheerful airedale named Maya. All around is the friendly cackle of hens and geese, and Darryl, without so much as a twinge of shyness, amuses everyone by showing how to hypnotize a chicken. It is the beginning of a relationship marked by great mutual respect between him and Xavier. The house is pink stucco, built in the 18th century and full of large, airy, beautifully furnished rooms. Darryl and I are shown to separate bedrooms and private rooms for bathing and washing up, all with big windows that overlook the gardens and the miles of peaceful vines. Dinner is chicken from the coop, cauliflower from the garden, and a luscious cake of whipped cream, strawberries, and raspberries, also from the garden. After dinner, cognac of course, since M. Desouche's grapes are pressed and distilled into Martell cognac. He shows us his private casks, which were begun in 1973. In ten years they will be drinkable, he says: Thirty or forty years will make them better (these are for Xavier); and a friend of his won't even sell his cognac until it's 130 years old—at $700 a bottle. All the wine drunk here comes from the vineyards of friends, and is the subject of much heated discussion.

With the adult Desouches, charming and sensitive hosts who appreciate an enthusiastic guest, Darryl and I visit the Martell distilleries, the town of Angoulême with its 12th-century church, and a country fair at Souillac, just north of Angoulême, where people from all over the region gather to exchange news and gossip and buy and sell everything from livestock to fresh fish to T-shirts printed with the great American words "It's the Real Thing" and "Keep on Truckin'." The country people buy here, Veronique Desouche explains, because they're too timid to go into the village shops. On the way back, we stop in Mouthiers, a tiny town with a church built before the 9th century, through which Veronique shows us with great reverence and affection. The Desouches attend Mass here every Sunday. We poke around the ruins of a castle covered with vines and standing quietly on its hilltop with a tiny village at its feet. A berry grove gone to brambles tumbles in its courtyard, and lemon trees grow within its crumbled walls. We explore its main hall, with a huge fireplace and windows overlooking the countryside, then go down to the guard room, where M. Desouche points out the grisly *oubliette*, the pit where prisoners were taken and, as the name implies, forgotten.

With Xavier as our tour guide, Darryl and I are led through the woods just beyond the vines, to the caves where amateur archaeologists can be found digging under tree roots and in the soft clay near the mouths of the caves, turning up the remains of prehistoric man. Darryl himself finds a few teeth and a spearhead certified by an amateur digger nearby.

Our final meal with the Desouches is a home-grown masterpiece: poached eggs on artichoke bottoms to begin; followed by a *pintade* (guinea hen) braised in cognac; salad; cheese; and Charantais melons filled with Pineau—the wine made from cognac grapes, only undistilled—for dessert. Madame's recipe for *pintade* calls for making the bird drink a glass of cognac the day before slaughter, "to perfume the meat." But she assures me this step is optional, once I explain to her that Americans can hardly be expected to take an axe to any creature they'd been drinking with just the day before. (Her recipe is on page 80.)

CHEZ DE MALEVILLE

Southward and eastward we drive, stopping for pâté along the Garonne, cassoulet in Toulouse, and pizza in the Medieval walled city of Carcassonne, which reminds us a lot of New York's Greenwich Village, with its little artisans' shops and cafés where guitarists strum and sing folk songs. The shape of the land changes from rolling vineyards of Bordeaux to the steep mountains that lead south to the Pyrenées, to the broad clay-colored expanses of the coastal plains. Our last family, Pierre and Isabelle de Maleville and two small children, lives in a 17th-century farmhouse in Margueritte, a tiny village between Nîmes and Arles, convenient to just about every place of interest in Provence. The couple is young, he loquacious and affable, she charming, full of life, and sensitive enough, without any English, to get complicated ideas across. She's a pleasure in a conversation, and a wonderful cook. Here Darryl and I share a first-floor room with a farmhouse-style sink in a small chamber next door. Upstairs, where the family lives (the children are away visiting their grandparents), the living room is furnished with country antiques, and all the rooms look out over wheat fields through which the wind ruffles as soothingly as the sounds of breakers on a shore. Our first dinner is veal in cream and mushroom sauce, and potatoes puréed with cheese. Mme.'s a

Continued on page 78



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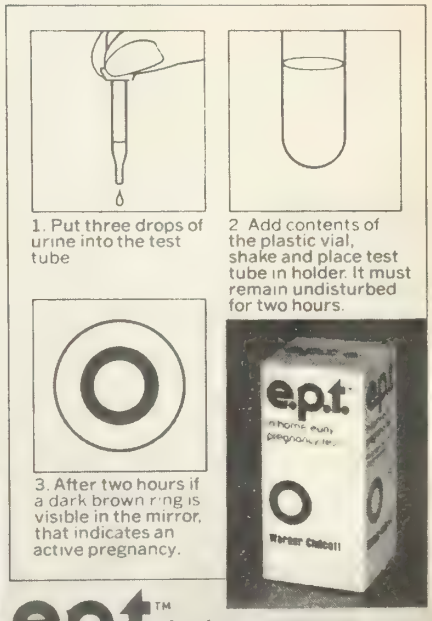
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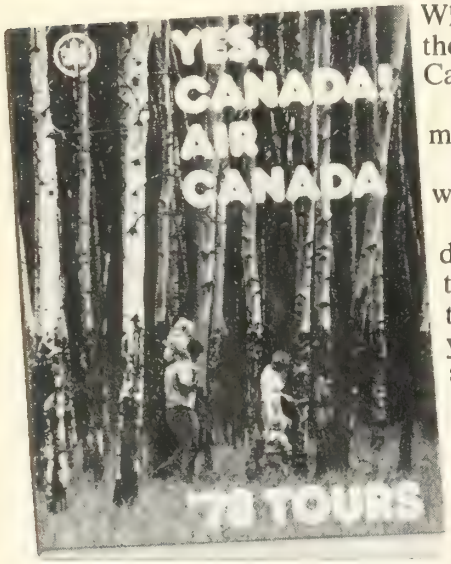
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HG 4-78

Friendly in France
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healthy cook, and believes in fruit for dessert, followed by a *tisane* or *infusion* —a tea-like brew of flowers she picks herself from the *tilleul* (linden) tree, steeped alone or with mint. The flowers smell delicious, too, and you can put them, straight from the tree, into your bath water.

In this region the Roman influence is everywhere. The fabulous Pont du Gard, the Roman bridge across the Rhône, is just a few miles from the de Malevilles's house, and the ruins of St. Remy are not far the other way. In Arles, they still have bullfights in the arena where gladiators once fought, and in the tiniest villages you're likely to stumble on some small Roman temple or bit of aqueduct turned by later citizens into a village square. Also in Arles, the biggest market in France spreads all over the streets every Saturday. You can wander through stalls filled with meat and cheese, vegetables and flowers, antiques and leather goods, kitchen gadgets and hardware, and livestock. Old women carry chickens about, squawking, by their feet, and birds and rabbits wait in cages to be taken home as pets. You can find a chipmunk (*écureuil de Corée*) for $30, and a bat (*roussette des Indes*) for a tidy $130. You can buy (and we did) beautiful baskets like the ones the French shop with—an ecological alternative to paper bags—and see hand-dyed yarns guaranteed to quicken the heartbeat of any American needlewoman. Along the thoroughfare, people take time out in sidewalk cafés for a glass of wine or *citron pressé*—fresh lemon juice, a little sugar, and water, which you combine yourself from pitchers brought to your table.

In Avignon, you can snap a picture of the famous bridge; at Les Baux, climb to the top of an ancient hilltop town with pure white, narrow streets, a cathedral, and a view of the white-cliffed province that will take your breath away. And after you've seen the sights, you can stop for lunch at L'Ousteau de Baumanière, a favorite of James Beard's for many years, where the maîtresse herself takes your order and brings you little flaky morsels *pour amuser la bouche* (to amuse your mouth) while you await the meal. We indulge in duck à l'orange and a beautiful raspberry mousse for dessert.

West of Margueritte, drive through the Massif de Cèdres, along the crest of the mountain where the Provençales take Sunday picnics, and from which, on a clear day, you can see the Alps shimmering and white in the distance. Nearby, there's sail-planing over the Alpilles, or, as the French call it, *vol-à-voile*. To the south, you can explore the vast salt marshes that form the delta of the Rhône —the famous Camargue, Everglades of France. Bulls, flamingos, and horses run wild here—some of the horses are so

Continued on page 80

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Friendly in France
continued from page 78

wild you must beckon them twice before they'll saunter over to take the apple from your hand. You can go riding on the beach, and have a picnic of sandwiches made by your *Chez des Amis* hostess, a bottle of wine, and Charantais melons, eaten in the company of horses looking on with great interest.

Our final meal with *Chez des Amis* is a fresh ratatouille served by Mme. de Maleville with the surprise of eggs poached on top (recipe, below). She tells us as we eat that *Chez des Amis* is as rewarding for her as for Americans. "The French take a long time to warm up, even to each other," she says. "Americans are instantly friendly and talkative, and very easy to like." And that's good, because we, as guests in France, are cultural representatives. As we discover our families, they're discovering us, and maybe, we hope, deciding that Americans are a pretty nice bunch. But the real advantage of *Chez des Amis* is that it gets you involved not as a spectator, but as a participant, a caring member for a few days, of a household full of living, interesting people. You make human connections for which there's no substitute. Isabelle de Maleville has only one criticism of *Chez des Amis:* "Just when you want to get to know people better, they leave. I'm always sad to see them go."

GETTING THERE

Air France, a great friend of *Chez des Amis*, can fly you to Paris, from which it's best to rent a car for the rest of the trip (*Chez des Amis* can arrange your air transportation and car rentals). Leave yourself lots of time to get from one family to the next. There are so many charming places to visit that you'll be frustrated if your deadlines are too tight.

Your *Chez des Amis* rooms will cost between $24 and $47 a night, depending on the type of accommodations and on the number of people in your party. This includes breakfast of bread or croissants, coffee, tea, or chocolate, and whatever else your hostess can bring to make you happy. If you want to have lunches or dinners with the families, these will cost an average of about $7 apiece, payable in francs to each family. Incidentally, many country hotels, restaurants, shops, and gas stations want to be paid in francs. For more information, write to *Chez des Amis*, Box HG, 139 West 87th Street, New York, N.Y. 10024.

Mme. Isabelle de Maleville's Ratatouille

INGREDIENTS

1 generous tablespoon olive oil, or more
1 large onion, sliced
4 small eggplants, cut in 1-inch cubes
4 zucchini, sliced
5 large tomatoes, peeled, seeded, and cut in chunks
2 cloves garlic, peeled and minced
Peppercorns, salt to taste
Bouquet garni (bay leaves, thyme, rosemary)
1 green pepper, cut in strips (optional)
4 eggs

METHOD

☐ In olive oil, sauté onion. When it turns yellow, add eggplant, zucchini, tomatoes, garlic, peppercorns, salt, bouquet garni, green pepper. Simmer over low heat at least 1½ to 2 hours—it's wiser to prepare the day before; it tastes even better reheated. At serving time, make little nests in middle of vegetables in which to break eggs, cook over moderate heat until eggs reach desired doneness. Serves 4.

Mme. Louise-Marie de Champeaux's Marquise au Chocolat

INGREDIENTS

3 squares unsweetened chocolate (3 oz.)
5 ounces German sweet chocolate
⅓ pound sweet butter
2 ounces sugar
4 eggs, separated

METHOD

☐ Break the chocolate into pieces; soften over low heat with a little water (¼ cup or more) until the consistency is thick and smooth. Let cool. Cream butter; mix with sugar and egg yolks; add chocolate. Blend well before folding in stiffly beaten whites. Turn into a charlotte mold, let set surrounded by ice in the refrigerator about 4 hours before serving. To unmold, dip the iced mold in warm water. Serve with vanilla sauce. Preparation time: 15 minutes, 4 hours before serving. Serves 6.

Mme. Veronique Desouche's Pintade (Guinea hen) au Cognac

INGREDIENTS

3 tablespoons butter
1 guinea hen, about 2 pounds, or squab or pheasant
1 medium-large onion, finely chopped
Salt and pepper to taste
1 port-glass of cognac (2 to 3 ounces)

METHOD

Place butter in a small flameproof casserole with a lid. Heat until melted, then add hen and brown all over on low heat, about 15 minutes. Do not let butter burn. Add onion and season to taste with salt and pepper. Cook until onion turns golden (another 15 to 20 minutes), add cognac and simmer to evaporate alcohol. Cover and stew 15-20 minutes until tender. If desired, stuff the bird with a mixture of finely chopped liver, broken-up sausage, and a soup spoon of raisins that have soaked in cognac ½ hour or more and then drained. Salt and pepper to taste. Total cooking time: 45 to 60 minutes. Serves 2. ■

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75th ANNIVERSARY

Captiva
continued from page 70

the creative come to Captiva. It is peace and strength, and nature, silence and solitude. At dusk the pelicans perch on the rocks, gathering for an evening chat. You peek, but quietly back away. It seems to be their island. As Mrs. Lindbergh described it, "an island from the world and the world's life . . . the waves echo behind me."

South Seas Plantation covers 75 of Captiva's 448 acres. And for the visitor this resort *is* Captiva, as everything is there, from sports to shells to serenity. The rest of the island is mainly residential—neither seen nor heard as the vegetation is luxurious, and the houses are deep in the island greenery.

At the turn of the century, the resort was a coconut and bay lime plantation. During the 1920s it became a fishing camp with guests coming over from the mainland on the mail boat. In 1963, a causeway was built, the mail ferry retired, the mangrove swamp was cleared to make a yacht basin, the golf course was started, a new plantation house built. A quiet camp was becoming quite a resort.

Since 1972, South Seas Plantation has been owned by Mariner Properties, and now there is tennis by day and by night, a sailing school, a 9-hole golf course, baby sitters and bicycles for hire, as well as golf carts and small cars.

Yet with all these pleasures and possibilities, the resort retains an old-fashioned flavor. Sometimes the only movement seems to be the swoop of a pelican's wings, the swaying palm trees, the curve of the surf. The overall look, perhaps because of the 11 white wooden guest cottages with screened porches, is that of a military post happily forgotten somewhere in the tropics. The King's Crown (that's the name of a shell) dining room was once the commissary of the old plantation; the cottages of board and batten housed the hired help. Beyond the coconut trees, the new plantation house sits like an ante-bellum stage set, and by the water are sleek contemporary villas, 150 rooms in all.

For a week, the cottage "Jenny Lind" was ours. The names of the 11 cottages are completely unrelated and no one knows why—from "Jenny Lind" to "Redfish" to "Pelican North." All are filled with sunshine colors, fireplaces, kitchens, cozy comforts, and easy living. The food of the inn is Continental, the guest list varied and interesting. Since the marina can berth a 100-foot yacht, there are often visitors from yachts that tie up for the night.

NOT-TO-BE-MISSED:

South Seas Friday night seafood buffet with an ice-carved pelican centering a superb spread of the sea. A huge oyster shell holds hundreds of oysters, gulf shrimps in beer batter, the fish from the

Continued on page 192

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To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

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4. France at Leisure: Air France's booklet with ideas for all sorts of French vacations. Information on car rentals, hotels, wine tastings, and cooking classes.

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7. American Express 1978 Europe Tour Digest describes its 84 tours for this year. Spend $499 for 9 days on your own in Spain, or visit 7 countries in 22 days with a professional guide.

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9. Learn about British life from the British themselves—spend your vacation as a guest in one of their households. **Invitation to Houseguest** in Britain gives details.

10. Ireland and Great Britain: Fifteen tours offered by Aer Lingus, British Airways, and Lynott Tours. Choose from city and theatre, farmhouse and country-house, or special interest tours.

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PITTING ENERGY INTO plants

How to grow luxurious grapevines, date palms, guava, and citrus foliage from pits

BY RICHARD LANGER

Avocados have become in the last decade one of the most popular of indoor trees. Growing them from pits has reached almost cult proportions in some areas of the country, with window after window in the cities lined with graceful homegrown avocado trees as the urbanite's answer to his country cousin's garden. But there's more, much more in the line of attractive and interesting, in some cases even usable, plants recyclable from the pits and parings discarded in the kitchen.



Orange tree thrives in sunny window

The citrus family is perhaps the most obvious of these. Orange, lemon, and grapefruit trees can all be grown with ease. Date palms are an intriguing addition to indoor greenery. Stuff the dates with cream cheese and stuff the pits in a pot. It's almost that simple, although there is one little catch, which I'll get into later.

But first the easy citrus, which means all of them from limes to grapefruit (except, of course, the seedless varieties). All you need is a pit, a pot, and a warm, sunny spot. Just about any soil that doesn't pack too tightly will do. I use standard potting soil, adding a handful of sharp sand in consideration of the fact that most citrus fruits are grown in Florida and California and I think of both as sandy states. It's not exactly a precise botanical approach. But it works. Keep the soil moist, and the seeds should sprout in 3 weeks or so.

You may see flowers bloom in your citrus grove after 6 or 7 years, but very rarely fruit. Don't let this discourage you from a grove; the shiny dark leaves of citrus plants make them about as attractive foliage plants as you can grow indoors.

Still, if you want something more harvestable, consider ginger. The burgeoning of gourmet cooking has more and more of us slicing it up in the kitchen. And while many Oriental dishes call for fresh ginger, it's not something found with frequency yet at the local greengrocer's or the supermarket. Growing your own is no problem, once you've gotten to the root of the problem—finding your first fresh root. Chinatown is a sure source if the local health food store doesn't happen to have the roots in stock.

Select firm, plump rhizomes. Quite often you'll see small bulging eyes just waiting to burst forth into growth. At other times the ginger looks lifeless. As long as it's not dried out and shriveled, go ahead and plant it anyway. Use a rich, loose, all-purpose potting soil. Water well to settle the ginger in, making sure the rhizome is barely covered with soil.

Ginger is a snappy grower. Within 2 weeks you'll see small shoots breaking the surface. In 2 months you'll have a stand of bamboolike stalks almost 3 feet tall. These stalks will die down as new ones sprout up. Just prune off the browning stalks to keep things neat.

Every 6 to 9 months the shoots will all die down. Dig up the rhizome and you'll now find half a dozen where you planted one. Replant two, reserve, and wash off the rest. They will keep several months in the vegetable crisper of your refrigerator—assuming you don't go on a Chinese cooking spree.



With a pit, lots of water, grow a guava tree

SUSAN McGELL



Pineapples may even bear small fruit

Whereas ginger grows fast enough to be considered almost an instant plant, the same can't be said for date palms. Start now and you'll have a nice 6-foot specimen for your grandchildren. Then why grow them, you may well ask. Because the seed's *(Continued on page 86)*

RECYCLING POTS

In this throwaway society of ours, we've learned to think of many things in terms of being used only once. Yet there are a lot of items that serve functions for which they weren't originally intended.

Take the ubiquitous clear plastic bag wrapping our daily bread. Use it to cover your pot filled with seeds, and you have a mini greenhouse that helps speed up germination. Or take those little plastic-cup creamers that come with restaurant coffee. They make perfect individual starter pots for sprouting seedlings such as grapes and citrus fruit. The wooden coffee stirrers that often go with them these days can be recycled as plant labels.

Aluminum trays from brown-and-serve rolls and such also make useful seed-starting trays. And those spray detergent bottles, particularly the pistol-grip varieties, make excellent misters to keep the humidity around your plants pleasantly high. Look around the kitchen and you'll probably come up with another dozen creative ideas for recycling containers to go with your recycled plants.

Anything you plant in your garden wants to grow, and if the soil's halfway decent and you give it just a little help, it will. (And your own fresh peas, beans and sweet corn will not only save you some money with every meal, they'll likely taste better, too.)

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You won't have to go looking for us. We'll be right here in Marysville, Ohio.

Pitting into plants
continued from page 84

there, to paraphrase the old mountain climber's reply. Indeed, the seed is the challenge, one that few plant recyclers fail to take once they've grown the more common after-dinner gardening plants. Also, since the date palm is used to dry desert climes, it's an ideal plant for homes with low humidity, so often the situation with central heat.

The key to growing date palms lies at your local health food store. Most commercial dates are pasteurized. Having been oven baked, the seeds lose all desire to grow. However, the "unpasteurized" fruits at specialty stores are raring to grow. Or at least willing to grow.

Barely cover the seed, and make sure to keep the pot in a warm spot. Bottom heat is particularly beneficial, and a starter location on the radiator cover or close to the kitchen stove does wonders in getting the leaf to sprout. After 4 to 6 weeks, one long thin leaf should emerge. That's about it for the first year. Given a few more years, however, you'll have a splendid specimen. Meanwhile, keep the plant in a sunny spot behind your other pots as an exercise in patience; remember to keep it watered.

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Pineapples give you plants the minute you pot them up. They reproduce vegetatively, rather than by seed, and most fruitfully so, which is how they became such a universally cultivated crop in the Orient. In the 1500s European explorers stocked up on the fruit in Central America for voyages across the Pacific. After dining on the fruit they simply chucked the pineapple tops behind them. Wherever it landed, the top took root, and you could chalk up another garden to the explorers. For a potted version of the same story, lob off the top of a fresh pineapple. Scrape out any remaining fruit from the top and let the cut dry overnight. Remove the bottom few leaves of the rosette. Now put it on top of the soil in a pot and pin it in place with straight pins to keep it from wobbling. Keep the soil watered as you would real greenery. The rosette of leaves will appear to be just sitting there for several weeks. But what it's really up to is root development. Keep your eye on the pineapple top; after a while you'll see the leaves in the center getting longer. It's off and growing.

Small guava trees, with their chartreuse leaves and peeling shaggy bark, make truly unique showy specimens. The only way you'll have one is to grow your own from fresh fruit. Plant as you do other seeds, but be sure to water well and keep the soil wet. Guavas are one of the few house plants it's almost impossible to overwater. Though it's a good idea to let the soil become reasonably dry on occasion, don't let it reach the point where the leaves drop, or the plant will stunt. Chances are it won't die—I had one that went without water for 2 weeks while we were away, lost all its leaves, and looked as if it had visited a forest fire. Out of habit I watered it. Three weeks later it was covered with new shoots. Grow your guava in a sunny warm window and it may even bear fruit after a few years.

As a last thought on after-dinner plants, consider the grape. Grapevines trained up the side of a window will frame your other greenery admirably. And, unlike their vineyard fellows, indoor grapevines grown from seed will stay evergreen. They won't bear fruit, though, in most cases, not even if you decide later to plant them outside. The first grape seeds I planted are represented by one robust 10-year-old plant that's been fruitlessly hanging onto a trellis for some half-dozen years now.

But with recycled plants, it's the growing that counts, not the eating. Grape seeds will germinate in just about any soil if barely covered and kept moist when planted. The vines themselves, once they start reaching for the ceiling, prefer their soil a little drier than most of your other potted endeavors.

For real vintage greenery, grow three or four vines to an 8-inch pot. This assures you of a lush robust vineyard striking enough to be talked about. ■



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HEATING & COOLING PRODUCTS

Tips on urban gardening (see page 119) from an expert whose windows frame enchanting views each season

HOW TO PLAN A TERRACE GARDEN

BY MARYBETH WESTON



City gardener Kerry FitzGerald watering his garde

Even though Kerry FitzGerald has made Manhattan gardens for Nelson Rockefeller and Woody Allen, designing his own penthouse garden was a tall order. Every window and door looked out on a blank wall, a 6½-foot parapet hemming in a long narrow terrace. The location was good—as was the eastern exposure—the tile walkway was solid; water pressure, drainage, and outdoor electrical outlets checked out to his professional satisfaction (he heads a firm called The City Gardener); so despite the limitations, he rented the tiny penthouse as a home office and set about planning his garden "from the inside out, as almost any garden must be planned, for a pleasing view year-round."

He painted the walls white—"white reflects maximum light, and this can do a lot for a city garden." He built portable redwood boxes—"any renter's garden should be portable." He also painted the boxes white and lined them along each side of the 10-by-45-foot terrace. "If the terrace had been even 2 feet wider, I might have varied the width of the pathway between the boxes, but I needed all the space I could get for walking and for tables and chairs." For height, he anchored a box on top of the parapet and filled it with cascading white petunias and spiky ivory-belled yuccas. "The flowers take the eye skyward, and that was the only way I could enlarge my space."

The boxes, reinforced at the corners with aluminum bands, are mostly 18 inches wide and deep—"with anything shallower you risk losing plants to frost." Two silvery-leaved poplar trees and a Japanese black pine grow in separate boxes 24 inches deep. A row of vines—clematis, wisteria, climbing hydrangea, honeysuckle—hugs the inner wall on a trellis of large-mesh, vinyl-covered wire. The trellis can be unhooked from the roofline and laid down to make any painting job easy.

Planted with city-wise flowers, herbs, shrubs, and trees, within one year this long lean passageway became a secret enclosure where one is aware only of plants and sky. Some of the outer boxes contain evergreen vinca, red-berried cotoneaster, and Euonymous Fortunei "Minima" for year-round greenery. In the cold months, balsam boughs cover all of the boxes to prevent thawing and heaving and to give a lush view during the winter.

By St. Patrick's Day, the boughs are lifted to let the sun coax up the first green shoots, and spring comes with "an extravaganza of bulbs," all planted the previous fall. Hundreds of crocus, snowdrops, daffodils, miniature tulips burst into bloom, as do trees and shrubs: a

Continued on page 90

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Weathered Grey Weathered White

Georgia-Pacific Corporation
Portland, Oregon 97204

Plan a terrace garden
continued from page 88

Bechtel's crab apple, a variegated dogwood, apricot Exbury azaleas, 'Tang' rhododendron, fragrant Viburnum Carlesii. As the bulbs begin to fade, Mr. FitzGerald lifts and gives them to country friends for naturalizing; here they are planted too thickly to spread, and they take precious space that can be filled with color. Flats of early pansies, English daisies, petunias, and wax begonias join perennials such as Candytuft, Shasta daisies, geum, flax, veronica, lythrum, zinnias, cosmos, and marigolds are added later to make summer three months of brilliant flowers, like an English cutting garden.

In the fall, chrysanthemums and autumn lilies replace the fading annuals. Christmas brings twinkling white lights wrapped around the spiral-cut topiary junipers on each side of the pool. And soon after, all begins again. "It's rather fun to be in a confined space," Mr. FitzGerald says. "I know each plant: I can almost measure its daily growth."

The focus of the garden is a splashing pool set against the parapet opposite the living room windows. Softly lighted at night, it is banked by green plants with an astonishing variety of textures—bird's-foot ivy, Japanese iris, echeveria, sweet-scented Hosta plantaginea, and in summer, Boston ferns, potted fuchsias, and calla lilies. The marble fountainhead was found in Rome some 12 years ago and stashed away for the perfect time and place. With a hard-working Little Giant pump and a short piece of clear plastic tubing, it plashes a cool stream of recycled water through the days and nights of summer. The pool is a redwood box with a watertight lead liner, welded by Mr. FitzGerald's plumber. It has a bathtub stopper, and a few rocks set in the bottom to add music to the splash. The pool is refilled twice weekly because of evaporation, and is drained occasionally so that it can be cleaned.

The planting boxes also are designed for easy care and good drainage. The bottoms rest on cleats an inch above the terrace floor—"about a broom's width for cleaning"—and are drilled with ¾-inch drainage holes at 6-inch intervals. Inside each box is a half-inch of gravel covered with a layer of porous fiberglass insulating material, ¾ of an inch thick. The liner, available at building supply centers and stripped of its paper backing, keeps the rich porous soil from draining out with excess water and muddying the terrace. Mr. FitzGerald uses soil with lots of leaf mold and lightweight perlite, kept at least a half-inch below the top of the boxes to prevent overflow and spattering. Each fall when plants are removed, the surface is scraped off and replaced with a half-inch of fresh mix because city soil becomes acid from pollutants. Major fertilizing is done in spring, though some bone meal is always added in fall when bulbs are planted. Little doses of 5-10-5 are often watered in to replace the nutrients lost from the frequent waterings that a container garden needs—usually weekly in spring and daily in summer. Mr. FitzGerald also warns that a city garden may even need water in winter; "a thaw followed by harsh winds can dry out trees and shrubs."

Long experience with city gardens has given him other helpful pointers: For terrace pathways he recommends decking or tile, not gravel, which is high-maintenance and heavy; and not plastic grass, which gets dirty and can be hard to sweep and dangerous to vacuum if wet. As a long-time garden lover, who is also a cat lover, he even has a suggestion for people who have trouble keeping pets from eating plants. "In spring, city cats are hungry for fresh things. Try giving them diced vegetables and shredded lettuce."

What makes Kerry FitzGerald, a native of New Zealand, a confirmed city gardener? Maybe it's waking up to the sound of a fountain and birds 15 stories up. Or coming home to honey-sweet plants when the city is a honeycomb of light. Or, he adds, "Sitting out in the moonlight in the city, among the flowers. That's something very special." ■

Sunbrella® awnings can reduce the sun's heat as much as 77%, beautifully. Think what they can do to air conditioning costs.



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Sunbrella awning fabrics of 100% acrylic fiber can cut cooling costs and conserve energy. And they won't shrink, crack, color or harden or be affected by mildew or rot. For details and information on styles and colors, look up your local dealer under Awnings & Canopies in the Yellow Pages. Or write: Glen Raven Mills, Inc., Glen Raven, N.C. 27215.

Heat reduction data from article titled "Canvas Awnings Stop Up To 77% Of Sun's Heat" in Canvas Products Review, July, 1958.



The skincare system that's as personal as your signature.

When an Erno Laszlo specialist designs a skincare ritual for you, it's based not only on her evaluation of your skin and its present condition. She must also analyze the answers you provide to questions about the way your skin acts, looks and feels on a day to day basis. Only then can she prescribe a skincare ritual that's right for you and you alone

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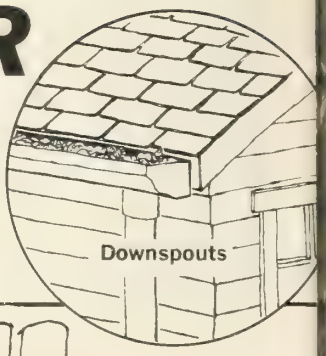
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■ *HOME IMPROVEMENT IDEAS*

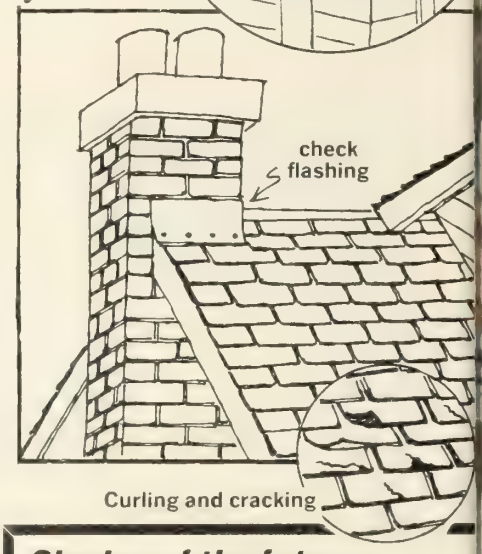
FOR THE HOUSE FIXER



SPRING CHECKUP

6-point program for house and yard

BY DEANNE RAFFEL



Spring calls for the annual post-winter checkup of house and yard. Snow, wind, and freezing temperatures can wreak havoc on many materials.

Masonry does not survive well under severe winter conditions. Heaving earth makes it break at weak points. Most large cracks appear at seams. In some areas, masonry may have even crumbled. Check stucco, sidewalks, foundations, and patios for damage. Clean out broken areas and patch. Large cracks should be opened up, undercut, and recemented with patching cement. Follow directions on the package.

Roofing curls, dries out, and cracks with age. Fissures develop, letting in rain that can ruin ceilings. Examine the roof carefully. Check flashing around the chimney, too. Use roofing nails and roofing cement to flatten shingles. Fill in crevices with cement.

Gutters suffer from snow and ice. Seams may split and open. Downspouts may have longitudinal joints open. Clean out rubble and patch all small openings with silicone sealer.

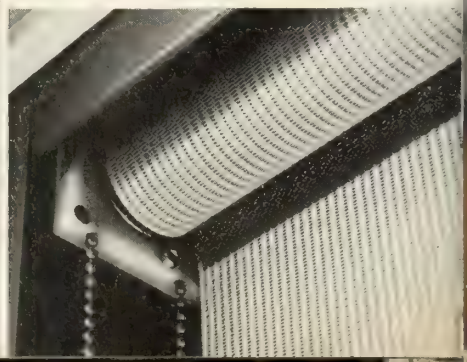
Check **storm windows** for damage. In all probability, caulking is dry and falling out in chunks. Scrape out as much loose caulking as possible and recaulk with flexible butyl or silicone. Remember, if glass has to be replaced, by law, now, all doors must be fitted with shatter-proof plastic.

Screens may need surgery. Patch small holes but replace the entire screen if the rip is large.

Rake away leaves and other debris around the **foundation.** Check to see that there is no soil erosion next to the house. Improper banking and erosion causes a wet basement when there is a heavy downpour. Rebank soil if necessary so that the water will wash away from the house when it rains. Remember: No wood should be stored adjacent to the structure. It is an invitation to swarming termites in the spring. Look for mud tunnels running up the foundation masonry. If any are evident, deal with them immediately.

Shades of the future

A window shade system that helps control glare and heat flow through windows is the new Mecho Shade. The roller shade uses fabrics of open and closed weaves of various densities (Thermo-Veil, Thermo-Shade) and textures of fiberglass, vinyl, and polyester that retard heat flow and are durable, easily removed for cleaning or replacement. For use with solar shading materials, and also audio-visual blackout fabrics, the shades can have reflective backings depending on how much sun, transparency, or room darkening is wanted. Chain operated, the shade has an adjustable friction clutch that will stop it in any position or in a preset position. Made to order in large or small sizes, through architects or designers. Manufacturer-designer Joel Berman, 102 Prince St., New York, N.Y. 10012. *(More House Fixer, page 98)*





BREAK A RECORD, JUMP A FENCE OR SKIP A ROPE, WITH THE GINNY JUMP JACKET AND SPORTS SHORTS FROM VIRGINIA SLIMS.

Wear them together, wear them separately, wear them wherever you go. Especially designed for Virginia Slims by Carol Horn, the outfit is silver gray and rugby red napped-back satin with snap-down pockets and double-ribbed knit trim on sleeves and neck. The Ginny Jump Jacket and Sports Shorts will bring out the athlete in you for only $22.00 and two pack bottoms from Virginia Slims, regular or menthol.

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Offer available only to persons over 21 years of age. Offer good in USA only, except where prohibited, licensed or taxed. Offer good until September 30, 1978, or while supplies last. Please allow 8-10 weeks for delivery. MADE IN USA

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Paneling. Walls set the tone for any room, and Weldwood® paneling is like fine furniture for your walls. Notice how the paneling shown above from our new Oak Grove™ line helps achieve a warm, nautical look.

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Simple. The simple things are often the most beautiful. Accessorize with care.

Taste. Use a lot of this.

Unconventionality. Don't be afraid to express yourself in new and different ways.

Variety. It's the spice in decorating, too. Weldwood paneling, by the way, offers over 100 styles.

Weldwood. This name insures that you're getting the best.

Xebec. It's the Mediterranean sailing ship, under the window, that adds a nice decorating touch.

You. Make sure you reflect this person in every room.

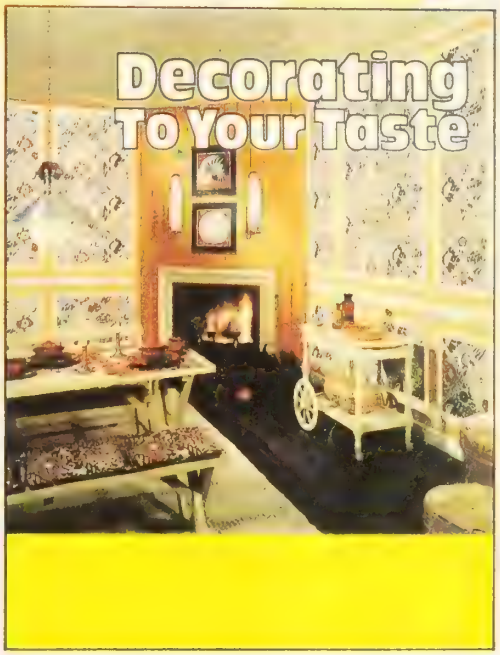
Zip code. Give us yours by calling our 24-hour toll-free number: **800-243-6000** (Conn. **1-800-882-6500**). We'll tell you where your nearest Headquarters/Champion Building Products dealer is located.

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Start by re-visiting the National Decorating Products Association retailer in your vicinity (This booklet is furnished courtesy of your NDPA retailer). Along with a vast selection of products for your projects, you'll find expert guidance and assistance in getting results you'll really love to live with.

Compiled in cooperation with House & Garden Magazine, the booklet is part of the nationwide observation of National Home Decorating Month which is jointly sponsored by the National Decorating Products Association and the manufacturing and sales firms who are Associate Members of NDPA. Pick one up today at your nearest decorating products retailer's. While you're there, let him show you everything that's new in home decorating products and ideas.

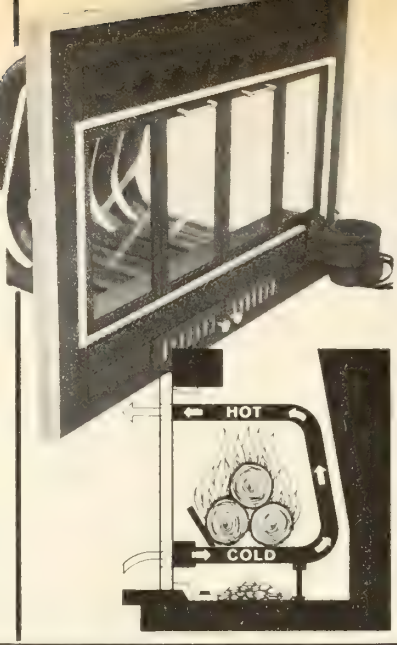
NDPA NATIONAL DECORATING PRODUCTS ASSOCIATION

continued from page 94



Crystal clean water

To supply the whole house with sediment-free, odorless water, here's a water filter system you install yourself. Connect it to household ¾- or ½-inch copper tube or plastic pipes with compression fittings and reducers provided with the water-system kit. Illustrated instructions, templates for cutting pipes come with it. Cartridges filter out rust, sediment, chlorine, most chemicals, bad tastes and odors. The unit has a bypass lever you turn to change cartridges or switch to unfiltered water. $49.95 suggested retail price with one cartridge; two replacement cartridges, $9.95. Omni Corp., 900 E. 162nd St., South Holland, Ill. 60473.



For better burning

Designed to make your fireplace yie more heat effectively, this heater has grate of stainless steel tubes behind fol ing glass doors. By convection, the tub draw in cool room air, which is heat by the wood or coal fire then returne warmed, to the room and not up t chimney. Tempered glass doors help r tain heat, keep smoke out of the roo provide safety from flying sparks. T unit slides into place against the firepla opening, is anchored in two plac comes in many sizes and models rangi from $425 to $632. It has an air-dra control; an optional extra is an elect cally powered blower. Thermograte E terprises, 2785 N. Fairview, St. Pa Minn. 55113.



Dramatize your lighting

A ready-made particle board light trough, behind which light tracks and lighting units may be mounted, is now available in place of costly custom installations. The Lytetrough serves as a ceiling-height baffle or valance to conceal a wall washing or accent lighting system that highlights paintings, sculpture, draperies, bookshelves, or provides general light. The white vinyl veneer baffle boards are 60 or 120 inches long, 6 inches high, with a 2½-inch lip to mask lighting equipment. Corner plates, end plates, installation hardware are included. For use with Lytespan track, "A" lamp wall washers, or Mini-Swivel wall washers. Lightolier, Inc. Available through lighting and electrical wholesalers.



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A smoke detector, Lifeguard II Fyrnetics, Inc., is radio controlled to sound alarms at two places in a house simultaneously. The two-unit system consists of the smoke detector (alarm and transmitter with a double ionization element) and a portable receiver with alarm. In case of smoke or fire the detector alarm sounds and activates the transmitter; it signals the receiver by radio frequency control and it *also* sounds an alarm even as far away as 200 feet from the detector. Operating on a 9-volt battery, the detector has a testing button, an automatic reset when smoke has cleared. The receiver plugs into normal household current, has a reset button to turn off the alarm, a power indicator light. Suggested price under $100 at department, hardware, home-center stores. ■

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The house paint that weathers the changing weather.

If you think all these drastic and unexpected changes in the weather have been tough on you, think of the beating they've given your house.

So, when the time comes to repaint, don't go the "bargain" paint route and wind up paying more later.

See an expert. See your Pittsburgh Paints dealer about *Sun-Proof*® exterior house paint.

Fact is, *Sun-Proof* has been reformulated to stand up to the changing weather.

So, whether you go with latex or oil base, you get a quality finish that shrugs off the numbing cold that's hit the south and the roasting heat that's burned the north. And gives your house years of beautiful protection.



Which should make all this crazy weather a lot easier to take.

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An expert shows you how to give an ordinary oak floor

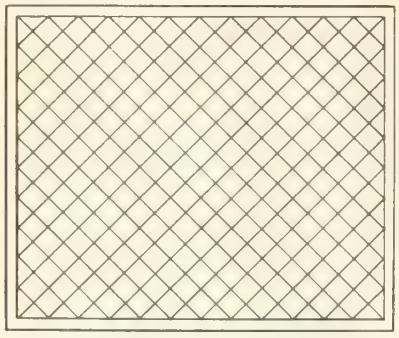
A FABULOUS PARQUET FINISH



The finished floor, polyurethane-protected

Do you love bare wood floors? Marie Antoinette did, and ever since 18th-century France, parquet—the art of laying a wood floor in geometric patterns—has been considered the ultimate woodwork underfoot.

One of the most respected specialists in fine wood and parquet floors today is the William J. Erbe Co., Inc., of New York City. Founded in 1907, it is a third-generation family business that prides itself in "Thinking not how many acres of floor we can install but how well we can do each square foot," in the words of David Erbe, son of the founder. The Erbes have put wood floors of museum quality in beautiful private houses in America and abroad. Sometimes their floors have even been donated to museums as examples of superb workmanship. When the Kennedys were in residence at the White House, it was the Erbe company which refurbished the floors to accompany the redecoration organized by Jacqueline Kennedy.



As 12-inch squares have diagonals of 17 inches, let ¾ inch equal 17 inches, ¼ inch equal 5⅔ inches. Pattern for a 16-by-19-foot room *above*.

Today parquet can be very expensive, so we asked the William J. Erbe Co. to show you how to stain a parquet pattern on an ordinary wood floor.

Step 1: Scale the design to suit your room. Measure room dimensions. Sketch room as large as possible on graph paper. See diagram, *above*, for how to divide floor into a diagonal pattern of 12-inch squares. Each square has a diagonal 17 inches long. So that the design will be symmetrical, each side of the "parqueted" area must be marked off into an *even* number of 17-inch divisions.

Step 2: Sand floor to an absolutely smooth, even, scratch-free surface. Since good sanding machines weigh at least 100 pounds, this is work for professionals. See your telephone Yellow Pages under "Floor Waxing, Polishing & Cleaning." Vacuum up dust. To remove small nicks and burrs, have floorman go over floor with a heavy (80-plus pounds) rotary waxer with a 2-0- or 100-grade screencloth sandpaper (no wax!). Vacuum again.

Step 3: Chalk in border lines of parquet design with a chalk-line—you'll need a person to help you. Mark off each side into appropriate 17-inch divisions. Be sure marks are accurate. Then chalk in diagonals. Check all chalked angles with triangle: *Squares in center must be as true as those at the perimeter!*

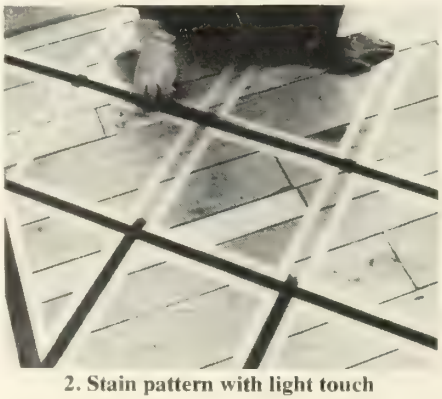
Step 4: Tape the design on floor. Each chalked line is "framed" with a continuous strip of tape. For 1½-inch-wide diagonal stripes, place tape ¾ of an inch away from chalked line. For 2¼-inch-wide border stripes, place tape 1⅛ inches away from chalked line. Tape all stripes in one direction, then other.



1. Remove excess tape at intersections

Wherever tape intersects (in center, at border, at four corners), remove excess tape with single-edged razor blade, **1.** For better seal, firm down all tape edges with wallpaper roller.

Step 5: Paint on stripes with walnut stain, **2.** Apply *lightly*, with *semidry* cheesecloth, going back and forth over a small area at a time to get even coverage. Wait till thoroughly dry—overnight or at least 12 hours on a dry day. Remove tape. Vacuum floor.

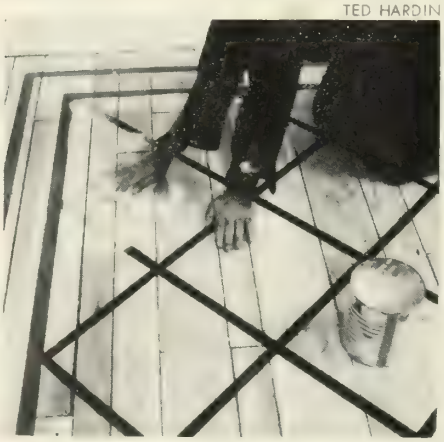


2. Stain pattern with light touch

You will need:
Four-squares-to-the-inch graph paper
Pencil
Yardstick
Ruler
Chalk-line measurer
Any size 45°/90° drafting triangle
Masking tape
Wallpaper roller
Single-edged razor blades
Cotton cheesecloth
Protective gloves
4-inch-wide natural bristle brush
Turpentine
Brush-cleaning container
For each 500 square feet of floor:
1 quart dark walnut wood finish
Blend of ½ gallon natural-color and ½ gallon white-color oil-stain penetrating wood finish
Blend of ½ gallon satin and ½ gallon gloss polyurethane

Step 6: To whitewash and seal the pattern, apply (very evenly!) the blend of white and natural wood finish with cheesecloth, **3.** Work in direction of floorboards, from one side of room to the other, in areas about 8 inches wide. Even out as you go. Let dry as before.

TED HARDIN



3. Whitewash evenly, a small area at a time

Step 7: To protect floor, blend equal parts satin and gloss polyurethane and apply with 4-inch brush. (Two thin coats are usually sufficient.) Don't let polyurethane dry on brush—clean in turpentine at once. In future, maintain this floor with a dry mop or vacuum. ■



Diane Von Furstenberg® FOR WALL-TEX®
WALL COVERINGS

DIANE VON FURSTENBERG* CHANGED THE LOOK OF THE AMERICAN WOMAN. NOW, WITH WALL-TEX SHE'S DOING THE SAME FOR THE AMERICAN HOME.

Simple. Elegant. At ease anywhere. That's the look of a Diane Von Furstenberg design. And now you can have that distinctive look for your home. With the new Diane Von Furstenberg Collection of Wall-Tex® wall coverings... twenty-eight fashion designs in 87 different colors for your walls to wear with elegant ease. Many with coordinating fabrics. All with the same easy to put up, easy-care durability and quality you've come to expect from Wall-Tex wall coverings.

BORDEN

The Diane Von Furstenberg Collection is one of 12 great wall covering lines from Wall-Tex.
All are available at fine wall covering stores everywhere.

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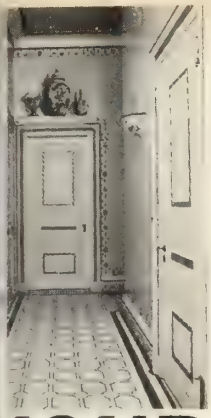
Patterns of the earth.

We've captured their essence in rough-hewn woods, homespun yarns and the weaver's art. Remarkable woven wood shades.

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A collection broad enough to put earthscapes in every room. Fine enough to wear the Graber mark. The mark of a great window. Look for it in department stores, decorator shops and on great windows everywhere.

A Consolidated Foods Company responsive to consumer needs. © 1977 Graber, Middleton, Wisconsin.



All you need to reproduce the fantasy on page 116 is some paint, paper, and a sense of fun

HOW TO BRIGHTEN 'OUR HALL

en designer-muralist Richard Neas t spotted the hallway on page 116, it not even a window to cheer it up. he added his own sunshine with pa- and paint.

'o create this easy, inexpensive hall-, Mr. Neas followed these steps:

Paint the background. Brush white mel on the ceiling and yellow on the ls—light colors to add height and o widen cramped quarters. A glossy te goes on doors and moldings, too.

Accent the positive. Stripe door-panel ldings with the walls' yellow, then ry the accents to the raised door pan- with designs of blue and yellow, ıted freehand or with a stencil as de. For the border around the doors, ıb-paint blue acrylic paint over the ite—follow the simple technique ex- ined in House & Garden, February, '8, page 152. Try the same effect und the ceiling edges, then add a bold e stripe at the floor molding and the sides of the doors. Let everything dry rnight.

Get to the bottom of things. Sand and ın the floor and apply a primer/seal- Let dry for 24 hours. Next, apply o coats of white deck enamel, letting h dry 24 hours. Apply the design in ylic paints, either by hand or with ıcils (see House & Garden, June, 77, page 54, "How to Stencil a oor"), then border with comb painting l a wide blue stripe. Let the design , then seal with two protective coats glossy polyurethane (let each dry rnight).

And, for the last act. Ready now to l final touches—cut manageable strips Con-Tact paper "Dutch Tiles" pat- n and press along the sides of the ors, cutting tiles to fit at corners. Con- ue border along floor and around ceil- . Plaster sconces were hand-painted to nplement tiles; you could glue similar outs to your lights.

Mr. Neas, who painted the blue and ite fool-the-eye porcelain over the or himself, advises that you "coax an ist friend" to help, but use your imag- tion—it will make the dramatic dif- ence. ■

TED HARDIN



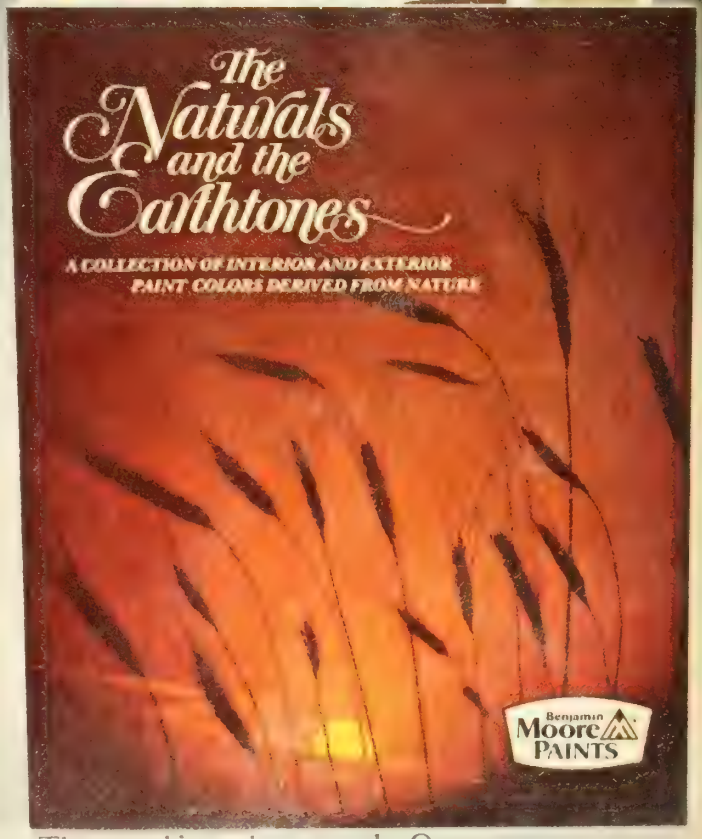
Polyurethane sealer protects hand-painted floor.



Blue acrylic striped borders are comb-painted.

Decorating to your taste starts with the wall to
YOUR DECORATING PRODUCTS DEALER

We've captured nature's colors.



The trend is to the naturals. Quarry greys. Golden grains. Verdant forests. Bold sunsets. A spectrum of clear, warm natural shades. Benjamin Moore has captured them beautifully in their new Natural and Earth Tone collection of interior and exterior paint colors.

See your Benjamin Moore dealer. He really knows his paint. And his colors.

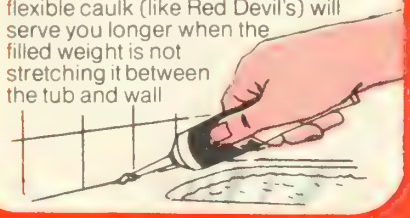


Available in Interior: Regal Wall Satin, Regal Aquavelvet, Regal Aquaglo and Satin Impervo. Exterior: Moore's House Paint and MoorGard. Interior/Exterior: Moore's Impervo Enamel.



Handy ideas on home fix-up

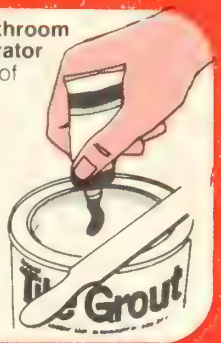
Fill the tub before you caulk. (Get in if you can, too.) Then, when the tub is empty, it'll rise slightly and squeeze the caulk. Even a good flexible caulk (like Red Devil's) will serve you longer when the filled weight is not stretching it between the tub and wall



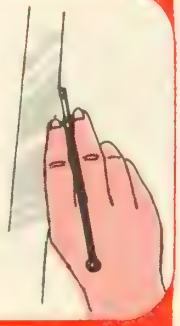
Save money when you save energy. This new 72-page Energy-Saving Book has dozens of do-it-yourself energy-saving tips that can save you hundreds of dollars. The cost is only $1.25 plus 50¢ postage and handling. Send check or money order to: Save Energy, Dept. B1, Box 310, Maplewood, N.J. 07040.



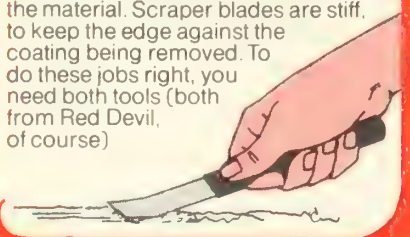
Give your new bathroom or mosaics a decorator look. Add a touch of color to the grout before you put it between the tiles. Just mix acrylic paint tint (from wherever you buy paint) with Red Devil Instant Tile Grout and see the exciting effect it creates.



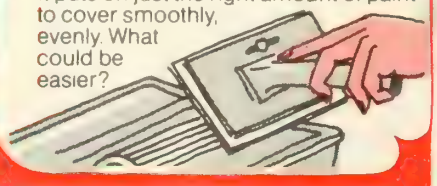
You don't cut glass with a glass cutter. You score it to release surface tension. So don't press too hard or go over it a second time. Hold your Red Devil cutter between the index and middle fingers as shown, (a drop of oil on the cutter helps, too). Then, you've got the score



A putty knife is not a scraper. And vice versa. Putty knives (for spackling walls and puttying windows) have flexible blades to smooth-on the material. Scraper blades are stiff, to keep the edge against the coating being removed. To do these jobs right, you need both tools (both from Red Devil, of course)



Go easy on the paint with your pad painter. If you let the pad soak up too much paint, you won't get the best possible results. That's why Red Devil has a patented metering tray designed especially for pad painters. It puts on just the right amount of paint to cover smoothly, evenly. What could be easier?



Red Devil has hundreds of things to make your home fix-up easier. Look for them wherever you shop for home-care products. And for best results, always follow directions on the package.

Red Devil®

UNION, N.J. 07083

How to refinish furniture with paper and paint

DÉCOUPAGE

"Everyone has grown up with the skills needed for découpage," says Leslie Linsley, shown at work on the beautiful chest on page 116. If you can cut, paint, and paste, you can follow her easy step-by-step directions (and read more in her book *Fabulous Furniture Decorations*, the latest in over 12 crafts books by this expert).

For the cabinet pictured, or a similar piece of furniture, you will need:

1 can any all-purpose paint remover

1 scraper or putty knife

Fine steel wool, grade #0000

2 throwaway sponge brushes, 1-inch brush

1 can Krylon spray enamel paint, or Krylon acrylics in tubes (Colors available in spray form are limited, so you may want to mix your own, as Miss Linsley did, using acrylic paint with latex wall paint, which is inexpensive, easy to apply, easy to clean. No primer is necessary, but plan on two coats of dark colors, three of light colors.)

1 book to cut designs out of, or buy special découpage prints in crafts stores. (The weight of the paper is important, and book weight is good.)

Curved cuticle scissors.

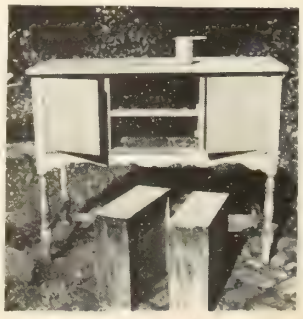
Cement for gluing the designs—Miss Linsley recommends 3M's Spra-Ment, which allows you to lift up the print and reposition it if you change your mind—or use any white, clear-drying glue, such as Elmer's.

Varnish—Miss Linsley uses polyurethane, prefers a satin or matte finish; or use any indoor wood varnish, or Krylon spray varnish. You will apply 5 to 10 coats of any of these, but don't overbuy, as varnish spoils quickly. If you use an acrylic paint, water-based, be sure to apply the varnish, oil-based, with a new brush.

Sandpaper—#400, super fine—Wet-or-Dry" brand by 3M—one sheet.

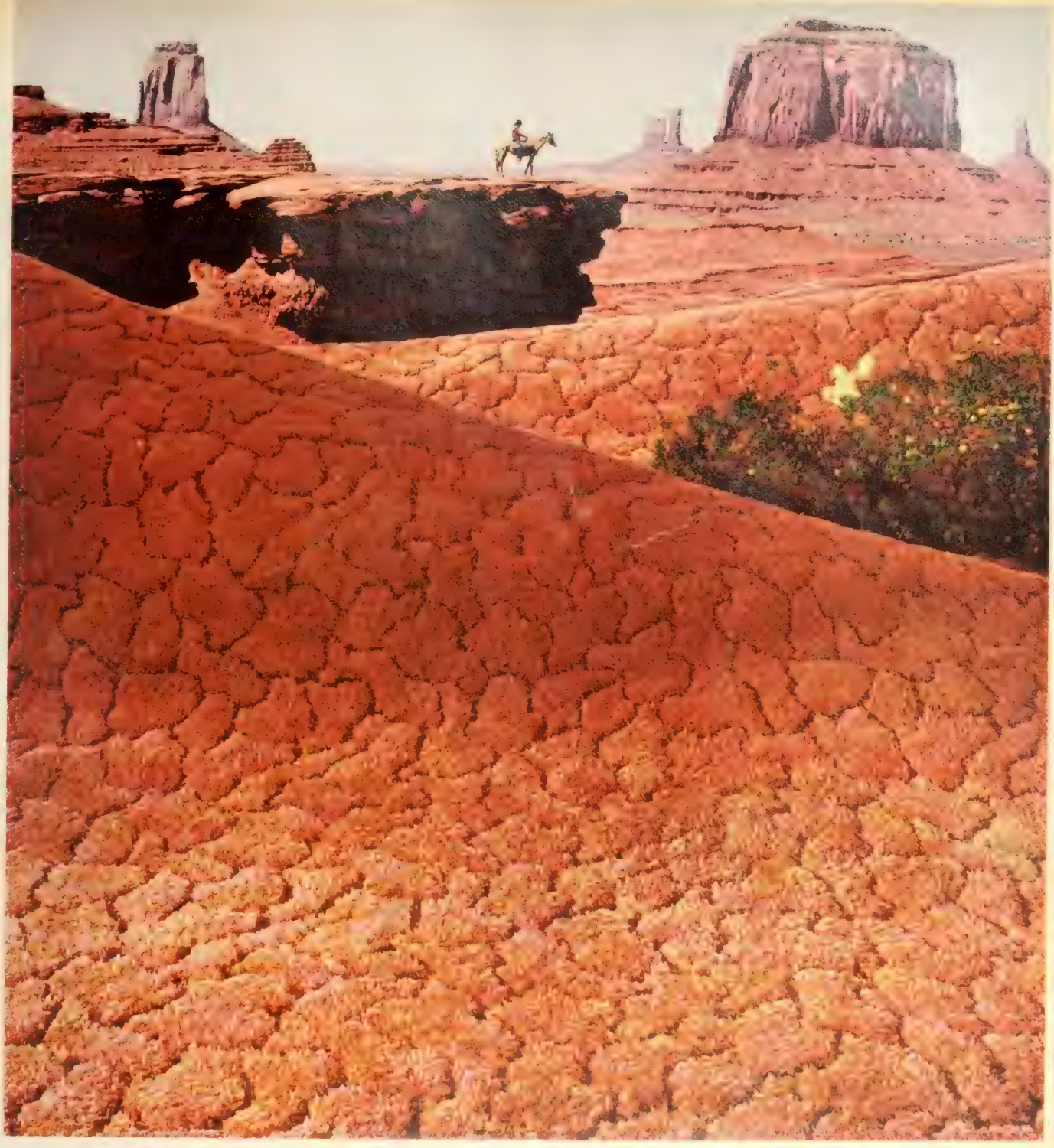
For the nicest possible finish, it's best to completely strip the piece of furniture, especially if it was previously painted. Remove any hardware, then apply paint remover according to manufacturer's di-

Continued on page 228



The old buffet, stripped, sanded, with its first coat of paint halfway on. Apply designs, then varnish.

YOUR DECORATING PRODUCTS DEALER



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...free as the wind
...free as the drifting desert sands.

This beautiful Patcraft carpet is "BORN FREE"—the color is Desert Flower—an achievement of Patcraft's unique Colorblend process, combining all of the softness and warmth of nature itself.

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Dadeville Lumber Company
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Southern Sash of Florence
TUSCALOOSA
Cole Supply Paint Co.

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ANCHORAGE
Allen & Petersen

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FLAGSTAFF
Heath's Paint Center, Inc.
GLENDALE
Paradise Paint & Hardware
HOPE
Hope Builders Supply Company
LAKE HAVASU CITY
Color Center
PHOENIX
Brandt's, Inc. (2 Locations)
Chet's Paint & Wallpaper
Paradise Hardware
Thunderbird Paint Center (2 locations)
SCOTTSDALE
Paradise Hardware
Spet's Dutch Boy Decorator
WILLCOX
Willcox Lumber & Supply Co.
YUMA
Fifth Avenue Paint & Glass, Inc.

ARKANSAS
LITTLE ROCK
Robinson Paint Supply Co. (2 locations)
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Garner's Ace Hardware
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CALIFORNIA
ALHAMBRA
Al's Paint & Wallpaper
ARTESIA
Color Wheel Paint & Wallpaper
ATASCADERO
U-Do-It Paints & Wallpaper
BELLFLOWER
Jackson Paint Company
BURBANK
Burbank Paint Co.
CAMARILLO
Camarillo Plumbing & Paint
Spectra Center
CASTRO VALLEY
Valley Paint Center
CHULA VISTA
Insight Decorating Center
DANVILLE
Fletcher's Wallcoverings
King's Danville Paint Center
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F. A. Mathew's & Son
Teez Decorating Materials
Fashion N Flooring
FRESNO
Custom Colors
GARDEN GROVE
Ralph's Paint Mart
GRANADA HILLS
Granada Paint & Wallcoverings
GRASS VALLEY
Sierra Paint & Home Decorating
HUNTINGTON BEACH
Sun Paint
INDIO
Benton's Paint
LA HABRA
Chauncey's Home Decorating Center
LAFAYETTE
Fiesta Paints
LA VERNE
LaVerne Decorating Center
LONG BEACH
Boyes Paint Store
LOS ANGELES
Shamrock Paint Store
MANHATTAN BEACH
Supreme Paint Decorating Center
MILL VALLEY
Hues and Views
MODESTO
House of CYN
Modesto Color Center, Inc.
The Paint and Wallpaper Company
MONROVIA
Gro-Jon Decorating Center
NAPA
California Interiors
NEWPORT BEACH
Paint Paper & Things
OAKLAND
The Paint Mart
ONTARIO
Paint Bucket
PACIFIC GROVE
Kidwell Paint & Wallpaper
PALM DESERT
The Wall Boutique
PALO ALTO
Craig's
PASADENA
Merritt's Paints (2 locations)
Phelps-Clark Corporation
Snell's Decorating
PETALUMA
Peterson's Paint & Wallcoverings
St. Louis Decorating Center
REDLANDS
Benton's Paint
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REDONDO BEACH
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RIDGECREST
Home Decorating Center
RIVERSIDE
Magnolia Paint
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Lane Calder
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Casa Pintura
SAN DIEGO
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SAN PEDRO
Bay View Decorating Center, Inc.
SAN RAFAEL
Marin Color Service
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Tuman's Paint, Inc.
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Early American Paint
TAFT
Wiens Paint Store
TEMPLE CITY
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THOUSAND OAKS
Carlson Paint Center
TUSTIN
Tustin Paint & Decorating
VICTORVILLE
Paulson Paint Company
WALNUT CREEK
Walnut Creek Paint Supply
WALTERIA
Supreme Paint Decorating Center
WATSONVILLE
Harrison's Color Corner
WHITTIER
Stan's Glass & Paint, Inc.

COLORADO
ASPEN
Arka Abode Adorn

CONTINUED ON PAGE 108



Norman's makes window treatments for people who know what they want. And for people who don't.

If you like things that are warm and quaint, Norman's has lots of ways to give you that look. And still keep it simple.

But if a lighthearted touch appeals to you, Norman's can give you a style that's both playful and inviting.

And if you want a look that's still fresh and exciting, Norman's can give you something bright and bold. But not brassy.

Even if you're not quite sure what your windows need, a Norman's specialist can help.

Write Norman's of Salisbury, P.O. Drawer 799, Salisbury, North Carolina 28144, for his address.

Norman's of Salisbury

Decorating to your taste starts with a visit to
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Introducing the new all-surface paint that stands up to Butch, Bob, and Lefty. And scrubs up as clean as they do.



If there is a crew like this in your house, Fuller-O'Brien Ful-Shield® all-surface latex paint can make life a little easier.

In fact, Ful-Shield has a lot in common with most kids. It's tough and beautiful. And you can scrub off the dirt without harming the surface. It's also stain-resistant, and looks great in every room in your home.

Ful-Shield is the result of Fuller-O'Brien's advanced formulation and stringent testing procedures. It's a new standard of paint quality that's perfect for children's rooms, the family room, the kitchen, any room where there's room for dirt. And Ful-Shield's flat latex enamel finish glides smoothly onto walls, woodwork, or any interior surface in over 1,000 lustrous colors.

Ful-Shield all-surface paint from Fuller-O'Brien. When it comes to being scrubbable, it's an even match for Butch, Bob and Lefty.

Now available at your Fuller-O'Brien Pro Shop.

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Glenwood Grove Decorating Center
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GLASTONBURY
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MARLBOROUGH
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MIDDLETOWN
Color Mart
MYSTIC
Marlborough Country Barn of Mystic
NEW BRITAIN
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Standard Paint & Wallpaper
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Marlborough Country Barn of Old Saybrook
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Standard Paint & Wallpaper
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Trumbull Color Center
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Paint Service, Inc.
State Paint Company
WEST HARTFORD
Jacobs Paint
WETHERSFIELD
United Paint & Wallpaper, Inc.
WINDSOR
Henray's Decorating Inc.

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Sheaffer's
WILMINGTON
Mammele's Paint Stores (2 locations)

FLORIDA
BOYNTON BEACH
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BRADENTON
Decorative Paints, Inc.
CLEARWATER
D P I Quality Paints, Inc.
CRESCENT CITY
Feasel Paint & Glass Company
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Dunn Bros. Paint & Decorating
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Feasel Paint & Glass Company
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Bergman Paint & Wallpaper Stores
FT. LAUDERDALE
Boice Bird Window & Wall Coverings, Inc.
Jervey's Paint & Wallcovering
Watkins Paint Company
FT. MYERS
The Paint Store . . . plus (2 locations)
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LARGO
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Sunny South Paint Company
PALOS HEIGHTS
Bergman Paint & Wallpaper Stores
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TAMPA
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Bay Paint & Decorating
Suncoast Paint Company
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VERO BEACH
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Armistead Paint & Supply Company
BARWICK
Beaty's
CHAMBLEE
Floor Supply & Coloray Paint Company
COLUMBUS
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Warner Paint & Decorating
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Davis Paint & Wallcovering, Inc.
Magee's Wallcoverings
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BLACKFOOT
Johny's Glass & Paint
BOISE
Broadway Paint & Glass
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CALDWELL
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Nampa Paint & Glass
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Centre Glass & Paint Co., Inc.
Ostler Glass & Paint

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ALEDO
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ARLINGTON HEIGHTS
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Webber Paint Company
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CHARLESTON
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CHESTER
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Sappanos Paint Company
Scott Crest Paint & Wallpaper
Thybony Paint & Wallpaper Company (2 locations)
CRYSTAL LAKE
Roden's Design Center
DIXON
Dixon Paint Company
DUNDEE
Dundee Paint Company
EFFINGHAM
Thies Paint Company
ELGIN
Neil's of Elgin
ELK GROVE VILLAGE
Creative Cover-Ups
Grove Paint & Wallpaper
EVANSTON
Thybony Paint & Wallpaper Company
FRANKLIN PARK
Paulson's Franklin Park Paint Store
FREEPORT
Newberry Wallpaper & Paint Company
GALESBURG
Galesburg Glass Company
GALVA
Miller's Paint & Wallpaper Store
GLEN ELLYN
Bob's Colors
GLENVIEW
Thybony Paint & Wallpaper Company
GREENUP
Holt's Store
HANOVER
Hanover Paint, Glass & Wallpaper
HENRY
The Paint Store
HICKORY HILLS
Hills Paint Company
HOFFMAN ESTATES
Hanover-Hoffman Paint, Glass & Wallpaper
JOLIET
Harvey Dahlen Paints
LA GRANGE
The Colour Shop, Inc.
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MORTON
Roecker's (3 locations)
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Dillon's Paint Store
NAPERVILLE
Jacob's Added Touch
NILES
C. Swenson & Company
NORMAL
The Paintin' Place
OAK FOREST
Stears Supply
OAK PARK
Wallace Gilmour's, Inc.
ORLAND PARK
The Village Bucket & Brush
OTTAWA
National Paint Comany
Willcox Paint & Decorating Company
PEKIN
Model Wallpaper & Paint
PEORIA
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Roecker's (3 locations)
PITTSFIELD
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Wood's
QUINCY
Huseman Paint & Wallpaper
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ROCKTON
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Model Wallpaper & Paint
SPRINGFIELD
Dunn Paint Co., Inc.
Vrendenburgh's
WALNUT
GBH Home Center
WASHINGTON
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WAUKEGAN
Wal-Decors Unlimited
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Bruno Movrich Paints
WOODSTOCK
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BLOOMINGTON
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Carmel Wallpapers
CLARKSVILLE
DeHart Paint Co.
COLUMBUS
dj Northern Decorating Center
CONNERSVILLE
Lindsay's Paint & Decorative Shoppe
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Gehlhausen Paint Co.
Hormuth Decorative Center
Koressel Wallpaper & Paints
Red Spot Decorating Center
FT. WAYNE
Decorators Supply Company (2 locations)
Pape Paint & Wall Paper Company
GARRETT
Seifert Paint & Wallpaper
GREENWOOD
Caraye Interior Designs, Inc.
GRIFFITH
Postema's
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Paint City
Smith Paint & Supply, Inc
HOBART
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RICHMOND
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Seymour Decorating Center
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Yount-Glade Decorating Center
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McMahon Home Decorating
CARROLL
Joe's Paint Center
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GREENFIELD
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CONTINUED ON PAGE 110

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Congoleum

Exclusive seamless beauty up to 15 feet. Now you can make the rooms you love to live in—your eat-in kitchen, your family room, your dining area—look beautiful, wall-to-wall, without a single seam. Because Congoleum and only Congoleum offers you beautiful floorings from 6 to 15 feet wide; so professional or do-it-yourself installations can be easier *and* seamless in most areas of your home.

Beauty that lasts. And Congoleum seamless beauty stays lovely longer, because our brilliant designs and colors are protected by a no-wax wear-layer so durable it resists stains and scuffs. With proper care, the Congoleum no-wax luster really lasts.

More beautiful choices than any other. Come to Congoleum and select from over 300 different designs and colors—more designs and more colors in more widths than any other vinyl flooring. You're sure to find just what you have in mind.

Simple sponge mopping will usually keep your floor looking fresh. Congoleum Vinyl Dressing will provide a higher shine should a reduction of gloss occur in areas of heavier use. For complete maintenance and warranty information, see your local Congoleum retailer or write to Congoleum Consumer Affairs, 195 Belgrove Drive, Kearny, N.J. 07032.

Design shown #45057, available in 6' & 12' widths.

Only Congoleum® gives you seamless flooring in rooms up to 15 feet wide. Seamless flooring that stays prettier, cleaner and newer looking.



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Dages Paint Co., Inc.
Hikes Point Paint & Wallpaper, Inc.
DeHart Paint Co.
NICHOLASVILLE
Hendren Decorating Center
PARIS
Daugherty Paint & Supply

LOUISIANA

BATON ROUGE
Broussard Paint & Wallpaper Company
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Harrison Paint Company (3 locations)
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Kennedys Decorating Center
LAKE CHARLES
Harrison Paint Company
Huber's Decorating Center
METAIRIE
Delta Paint & Wallcovering
NEW ORLEANS
Helm Paint & Supply, Inc.
SHREVEPORT
Harrison Paint Co. (2 locations)
Roach Paint Company

MAINE

BATH
Greenblatts, Inc.
GARDINER
Mattson's Home Decorator Center
NORWAY
V. H. Ashton Company
PORTLAND
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MARYLAND

BEL AIR
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BETHESDA
Color Center
CAMBRIDGE
Burch Paint & Glass Company
COLUMBIA
The Source Unlimited
HAGERSTOWN
Nussear's Decorating & Paint
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Winslow Paint & Wallpaper (16 locations)
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Burch Paint & Glass Company

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Braintree Paint & Wallpaper
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American Wallpaper
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FALMOUTH
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McDonald's Paint & Wallpaper
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Hubbard Paint Supply
PITTSFIELD
Farrell's
STONEHAM
Stoneham Wallpaper and Paint Co.
TURNER FALLS
Couture's Decorating Center
VINEYARD HAVEN
W. G. Manter Co., Inc.
WAKEFIELD
Stylecraft Supply, Inc.
WEBSTER
Windsor Paint Center
WEST SPRINGFIELD
Standard Paint & Wallpaper Company
WHITINSVILLE
Sampson Color Center
WORCESTER
Fairlane Paint Company

MICHIGAN

ALMA
Van's Wallpaper & Paint
BATTLE CREEK
Hendricks House of Color
DAVISON
Northeastern Paint Supply, Inc.
DEARBORN HEIGHTS
Kent's Decorating Centers (3 locations)
DETROIT
Craigie Paint Company
FENTON
Eby Home Center
FLINT
Austin's Paint & Floor Covering
GRAND RAPIDS
Helmholdt Home Decorating
John Seven Paint & Wallpaper
HOLLAND
Color House, Inc.
Repcolite Paints, Inc. (3 locations)
IRON MOUNTAIN
Bond Decorating Co.
JENISON
Repcolite Paints
KALAMAZOO
Douglas & Son, Inc.
Koopsen's Paint & Wallpaper Company
LIVONIA
Drop and Match
LUDINGTON
Ludington Paint & Glass Company
MIDLAND
Northeastern Paint Supply, Inc.
Rainbow Interiors
MUSKEGON
Airline Paint & Supplies
NORTHVILLE
Greens Creative Home Center
ROCHESTER
Rochester Glass Service, Inc.
SAGINAW
Northeastern Paint Supply, Inc.
Uloth's, Inc.
West Side Decorating Center
STURGIS
Bandholtz Paint Mfg. Co.
WESTLAND
Wolverine Paint & Wallpaper

MINNESOTA

ALBERT LEA
Albert Lea Paint & Glass
Sullivan Paint Company
ANOKA
Dowdell's Paint & Wallpaper, Inc.
APPLE VALLEY
Halvorsen's Paint & Wallpaper
AUSTIN
Austin Paint & Wallpaper
BEMIDJI
Woodland Paint & Decorating
BURNSVILLE
Norton Wallpaper & Paint
CAMDEN
Lathrop-Camden
CLOQUET
Wood Service Co.
DULUTH
St. Germain's
DUNDAS
Haugen's Creative Living Center
FAIRMONT
Doolittle Decorating
Stromberg-Olson Paint
GOLDEN VALLEY
May's Decorating Center
HOPKINS
Koss Paint & Wallpaper, Inc.
KASSON
Abel Signs & Decorating Center
MINNEAPOLIS
Gronseth Paint & Wallcovering
Hirshfield's (5 locations)
Lathrop Paint Supply
Nelson's Wallpaper & Paint (4 locations)
Tonjum Paint & Wallpaper Company
MOUND
Cutons Rustique Decorating Center
PRIOR LAKE
Larrys' Decorating Center
ROBBINSDALE
Robbinsdale Paint & Wallpaper
ST. CLOUD
Dinndorf Paint & Wallpaper Co., Inc.
Medcrow's
The Paint Spot
ST. PAUL
Arcade Paints
Elvgren Paint Supply
Hirshfield's
Paper Reflections
SOUTH ST. PAUL
Larson's Decorating Center
SHAKOPEE
Lathrop-Shakopee
WAYZATA
Lathrop-Wayzata
WHITE BEAR LAKE
Engen's Color Center

MISSISSIPPI

JACKSON
Seabrook
MERIDIAN
Luther Oliver Paint Company
PICAYUNE
Picayune Paint & Supply Company
TUPELO
Grisham's Decorating Center

MISSOURI

CENTRALIA
Gladneys' Centralia Paint & Carpet
COLUMBIA
L. D. Johnston Paint Co.
FAIRFAX
Schooler Home Furnishings
FLORISSANT
Korte Hardware
JEFFERSON CITY
Beautiful Home Interiors
KANSAS CITY
Surface Paints, Inc.
KIRKSVILLE
Beards Decorating Center
LEBANON
Crow Paint & Glass, Inc.
MEXICO
Gamble Paint & Glass
MOBERLY
Decors Unlimited
REPUBLIC
Tapjac Home Center
SPRINGFIELD
McCurdy's Paint Co. (2 locations)
ST. JOSEPH
G. A. Thompson, Incorporated
ST. LOUIS
Brod Dugan (5 locations)

MONTANA

BOZEMAN
The Paint Pot
BUTTE
The Color Rack

NEBRASKA

NORFOLK
Bestt Decorators, Inc.

NEVADA

LAS VEGAS
Corb's Home Center
Vegas Paint Co. (3 locations)
RENO
Fuller Color Center
Solari Decorating Center
The Wright Paints & Decorating Center
SCOTTSBLUFF
Decor Unlimited

NEW HAMPSHIRE

ALLENSTOWN
The Home Styler, Inc.
BEDFORD
Goedecke Decorating Center
WOLFEBORO
Gene's of Wolfeboro

NEW JERSEY

BOUND BROOK
W. Berman & Co.
BRICK TOWN
Bosco Decorating Center, Inc.
CAMDEN
Haines Paint Co.
CINNAMINSON
Eck's Wallpaper Center
EAST BRUNSWICK
W. Berman & Co.
EDISON
Fabulous Wallcoverings
FAIR LAWN
Landzettel & Sons
GILLETTE
Essel Paint & Wallpaper Company
HOHOKUS
Beautiflo Paint-Wallpaper
HOWELL
Grebow's
NEWARK
Clinton Paint Supply, Inc. (2 locations)
PARAMUS
Fabulous Wallcoverings
PLAINFIELD
Essel Paint & Wallpaper Company
POINT PLEASANT
House of Paints
PRINCETON
Morris Maple & Son
SOMERS POINT
Miller Paint Center
SOMERVILLE
W. Berman & Co.
SPARTA
The Wallpaper Gallery
SUMMIT
Paints Plus
TOMS RIVER
Galen Paint Co.
WEST MILFORD
Lazon Paints (3 locations)
WEST ORANGE
Fabulous Wallcoverings
WOODBURY HEIGHTS
Till Paint Co. (2 locations)
WOODSTOWN
MacFarland Wallpaper & Paint

NEW MEXICO

ALBUQUERQUE
Custom Paint Center, Inc.
CLOVIS
Southwest Paint & Wallpaper
ROSWELL
Smith Paint Co.
SANTA FE
Big Jo Lumber Company of Santa Fe
Valdes Corporation

NEW YORK

AUBURN
The Paint Mill, Inc.
Worden's Paint Headquarters
BATH
Bath Rug Company
BINGHAMTON
Dan Is Paint & Decorating Center, Inc.
BROADALBIN
Turner Lumber & Supply
BROCKPORT
Village Paint & Wallpaper
BRONX
Fishman & Son, Inc.
Wakefield Paint Fair
COHOES
Swatling Paint & Paper Co.
ELMIRA
Crusade and Smith, Inc.
Elmira Rug Company
ELMONT
Elmont Paint & Wallpaper
FLUSHING
Alexander's Paint & Wallpaper
GLOVERSVILLE
W. I. Trevett Co., Inc.
JAMESTOWN
Pearl City Paint & Glass, Inc.
LAKEWOOD
Pearl City Paint & Glass, Inc.
LAWRENCE
Carvin Paint & Wallpaper Co., Inc.
MT. VERNON
Top Paint Supply Corporation
NEW CITY
Kolor Korner
NEW HYDE PARK
Cappy's Paint & Wallpaper, Inc.
NEW YORK CITY
Beacon Paint & Wallpaper Co.
D. M. R. West Color Center
M. Epstein's Son, Inc.
Midtown Paint Products
S. Wolf's Sons
NYACK
Fabulous Wallcoverings
PALMYRA
Wallace's Paint Shoppe
PENN YAN
Penn Yan Home Decorating Center
ROCHESTER
Donovan's Paint & Lacquer
Hadlock's House of Paint (3 locations)
R. C. Shaheen's Paint Company
ROCHESTER
Teschner's
ROCKVILLE CENTRE
Holbro Paint Co
ROME
Rome Paint & Wallpaper
SPENCERPORT
Spencerport Paint & Paper, Inc.
SPRING VALLEY
Ellmur Paint Supply
SYRACUSE
Empire Wallpaper & Paint Co., Inc.
Zirilli Paint Co., Inc.
WESTBURY
Williamson's
WESTCHESTER COUNTY
Wallauer Paint & Wallcovering (8 locations)
WILLIAMSVILLE
L. D. Bond
WOODMERE
Gladstone & Sons, Inc.

NORTH CAROLINA

ASHEVILLE
Holliday Paint & Carpet
CARY
Cary Paint & Decorating Center
CLEMMONS
Hollingsworth Decorating Center
DURHAM
Piedmont Decorators, Inc (2 locations)
Riley Paint & Wallpaper Company
DUNN
Simpson-Lee Paint & Decorating Center
FAYETTEVILLE
Tallywood Paint & Wallpaper
GASTONIA
Rainbow Paint & Decorating Company
GREENVILLE
Four Seasons Paint & Decorating Center
HIGH POINT
Vick Paint & Wallpaper Co.
LENOIR
Cannon Paint Company
Decorating/Coatings Center

NORTH CAROLINA

RALIEGH
Raleigh Paint & Wallpaper Co.
THOMASVILLE
Williamsburg Paint & Decorating Inc.
WILMINGTON
M R K Home Center
WINSTON-SALEM
Naylor Paint Company
Pfaff's, Inc (2 Locations)

NORTH DAKOTA

BISMARCK
Dakota Plate Glass Company
Vantine Paint & Glass Company
FARGO
Dakota Plate Glass Company
Fargo Glass & Paint
PPG Industries, Inc
GRAND FORKS
Dakota Plate Glass Company
Grand Forks Glass & Paint
MANDAN
Vantine Paint & Glass Company
MINOT
Dakota Plate Glass Company

OHIO

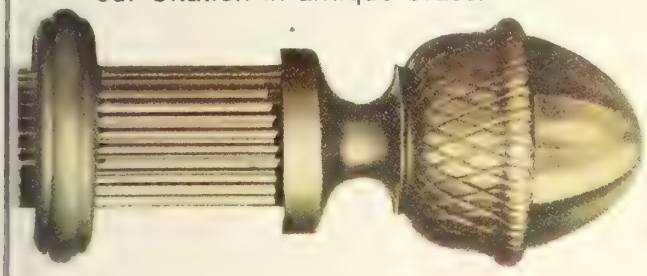
ALLIANCE
Shem Paint & Wallpaper
ASHTABULA
Dean & Barry Paint Town
BRECKSVILLE
Color & Cover Shoppe
BRYAN
Sharp's Decorating
CANTON
The Flanagan & Nist Paint Co. (3 locations)
CINCINNATI
Discount Wallcoverings Inc
Hardig Paint Co
Warehouse Paint Centers
COLUMBUS
Clintonville Design & Decorating
Home Decorating Centre, Inc
JJ Paper 'N Paint
Kramer Paints
COSHOCTON
Fisher Wallpaper & Paint Co.

CONTINUED ON PAGE 112

Decorating to your taste starts with a visit to
YOUR DECORATING PRODUCTS DEALER

Spare the rod, spoil the look. Beautiful windows begin with JCPenney.

For Early American.
Nothing more richly echoes our nation's past than our Citation in antique brass.



For contemporary.
Consider the many dramatic pproaches possible with "Our Finest" conventional traverse rod.

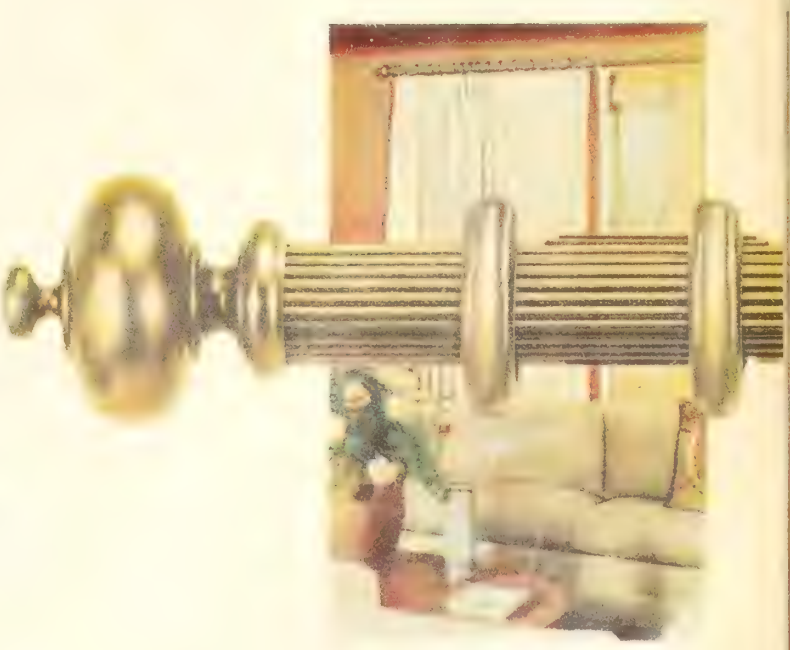




For the natural look.
These Penney Chalet traverse rods are a natural . . . with the look of wood and the strength of steel.



For traditional.
There is the elegant touch of Citation in antique white.



For whatever.
Our Cambridge is the one for versatility—a classic design for many moods.

JCPenney

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Elyria Home Decorating
FAIRFIELD
Warehouse Paint Centers
HAMILTON
Warehouse Paint Centers
KENTON
Finney Glass & Paint
LIMA
Quinn Paint Co.
Warehouse Paint Centers
LOCKLAND
Homan Paint & Wallpaper
LORAIN
Nelis Wallpaper & Paint Store
MANSFIELD
Quinn Paint & Color
MARION
Kayes Interiors
MAUMEE
C & S Kolor Bar
Vallet Paint Service Company
MIAMISBURG
Star City Hardware, Inc.
MIDDLETOWN
Roy A. White Co.
MILFORD
Warehouse Paint Centers
NEW PHILADELPHIA
Kiser Paint Color Center
ORRVILLE
Martin Interiors
OTTAWA
Quinn Paint Co.
PIQUA
Warehouse Paint Centers
SALEM
Superior Wallpaper & Paint Company
SIDNEY
Warehouse Paint Centers
SPRINGFIELD
Warehouse Paint Centers
TIFFIN
Superior Paint & Supply
TOLEDO
Kirchenbauer Paints & Wallcoverings
Vallet Paint Service Company
TROY
Warehouse Paint Centers
WOOSTER
Martin Interiors
Merle D. Matz & Son
WORTHINGTON
Worthington Decorating Center
YOUNGSTOWN
Bochert Bros. Painting & Decorating Company

OKLAHOMA

LAWTON
Fowlers
Roach Paint Company
NORMAN
Norman Paint & Paper
OKLAHOMA CITY
Allied Paint
Decorator Supply Center
Fergusons' Paint & Decorating
Gladys Shockley Interiors
Hillcrest Color Center Inc.
Oklahoma Paint & Decor
Roach Paint Company (2 locations)
PONCA CITY
A & A Paint & Decorating

OREGON

BAKER
Artcraft Paint & Glass
BEND
Bend Color Center
EUGENE
Lorie Cross Wall Decor
GRESHAM
Gresham Decor Center
Wallpaper Galore
KLAMATH FALLS
McGaughey's Paint & Wallcoverings
LAGRANDE
LaGrande Paint & Glass
LAKE OSWEGO
House of Color
Lake Oswego Interiors (2 locations)
NORTH BEND
The Paint Store
ONTARIO
Ontario Paint & Glass
PORTLAND
Discount Wallpapers
Sandberg's Hardware

PENNSYLVANIA

CARLISLE
Line's Decorator Shop
CARNEGIE
Carnegie Paint & Wallpaper
BROOMALL
Broomall Hardware & Decorating
EASTON
Modern Wallpaper
DOVER
Line's Decorator Shop
EPHRATA
Pike's Paint & Wallpaper
ERIE
Erie Paint & Decorating Centers (3 locations)
GLENSIDE
National Paint & Wallcovering Center
GREENSBURG
Westmoreland Supply Company
GREENVILLE
Erie Paint & Decorating Center
HARRISBURG
Susquehanna Decorating Products, Inc. (2 locations)
HAZLETON
Mathews' Paint Stores
The Paint Shoppe
JENKINTOWN
The Wallpaper House
MANHEIM
Graha's
NANTICOKE
Millard's Decorating Center
NEW HOLLAND
New Holland Paint Store
SPRING MILLS
Tomasch Paint & Glass
JOHNSTOWN
Overdorff Hardware Home Decorating Center
PITTSBURGH
M. A. Baskind Company
Sternberger Paint, Inc. (2 locations)
POTTSTOWN
Don Sands, Inc.
SCRANTON
Mathews' Paint Stores
STATE COLLEGE
The Designer's Den
TITUSVILLE
Robinson's Wallcoverings (2 locations)
TOWANDA
Superior Paint & Wallpaper
W. PITTSTON
Cameo, The House of Living Ideas
WILKES-BARRE
Mathews' Paint Stores
WILLIAMSPORT
Fink's Paint Store
YORK
Dietz Paint & Supply Company
Parks Decorating Center
Pen Mar Paint & Supply Company

RHODE ISLAND

BARRINGTON
Primiano's
Quality Paint & Wallpaper
EAST GREENWICH
Solsberg's House of Color
PAWTUCKET
Stebenne Paint & Wallpaper, Inc.
PROVIDENCE
Fairlane Paint Company

SOUTH CAROLINA

CHARLESTON
Brewer's Paint Center, Inc.
William M. Bird & Co., Inc.
COLUMBIA
Columbia Paint & Decorating
FLORENCE
World of Color
GREENVILLE
Piedmont Paint & Wallpaper, Inc.
HARTSVILLE
Dudley Paint & Paper
ORANGEBURG
G & G Paint & Wallpaper
PENDLETON
Wilson's Paint & Carpet
ROCK HILL
Martin Paint & Supply Co., Inc.
SPARTANBURG
Hillcrest Decorating Center, Inc.
SUMTER
Southern Coatings & Chemical Company

SOUTH DAKOTA

ABERDEEN
D & D Paint Center
BROOKINGS
Mulhairs, Inc
MADISON
Direct Paints
SIOUX FALLS
Carlson's Paint Center (2 locations)
Mulhair's, Inc.
Sioux Falls Paint & Glass

TENNESSEE

CHATTANOOGA
Independent Paint & Glass Company
Paint City—The Wallpaper Store
COLUMBIA
Columbia Paint & Wallcover
COOKEVILLE
Colormagic
KINGSPORT
Kingsport Paint & Wallpaper Company
Paint Service Center
KNOXVILLE
Ellis Paint & Wallpaper Centers (2 locations)
NASHVILLE
Betsy's Commercial Wallcoverings
Briggs Paint Company
SHELBYVILLE
Berry Allen Paints

TEXAS

ARLINGTON
W. J. Hancock Co., Inc.
AUSTIN
Central Texas Decorating Center
Poth Interiors
Roach Paint Company
BEAUMONT
Huber's Decorating Center
BRENHAM
Farmers-Merchants Lumber Co.
CORPUS CHRISTI
Ashmore Paint & Wallpaper (2 locations)
Best Paint & Wallpaper Company
DALLAS
Jones Blair Company
Roach Paint Company (5 locations)
Texas Paint & Wallpaper Co. (5 locations)
Texas Paint & Wallpaper
EL PASO
Asti Co.
FORT WORTH
The Color Wheel
W. J. Hancock Co., Inc. (7 locations)
Metro Paint & Wallpaper
Quality Decorating Supply Center
Roach Paint Company
HARKER HEIGHTS
Roach Paint Company
HARLINGEN
Alamo Paint & Wallpaper
HENDERSON
Henderson Paint & Wallpaper
HILLSBORO
Davis Paint Store
HOUSTON
Memorial Paint & Decorating Center
Roach Paint Company (2 locations)
HURST
W. J. Hancock Co., Inc.
GARLAND
Roach Paint Company
IRVING
Roach Paint Company
LONGVIEW
Roach Paint Company
MCALLEN
Bormanns Wallcovering
NEDERLAND
Hubel's Decorating Center
ODESSA
T & E Paint & Wallcovering
ORANGE
Huber's Decorating Center
PLANO
Roach Paint Company
RICHARDSON
Texas Paint & Wallpaper
SAN ANTONIO
Alamo Paint & Wallpaper Co. (2 locations)
Gerhardts Paint & Wallpaper
Northwest Paint & Carpet Center
SEALY
Sealy Decorating Center
SHERMAN
Murrin's Paint & Wallpaper
Roberts Decorator Supply
TEXARKANA
Porter McClure
TEXAS CITY
Reeves Interiors
TYLER
Roach Paint Company
UVALDE
Uvalde Lumber & Hardware Company
WACO
Roach Paint Company
WETHERFORD
Color Center

UTAH

OGDEN
Crittenden Paint & Glass Company
SALT LAKE CITY
Paint West
Perschon Paint & Wallcovering Company
SANDY
The Color Wheel Decorating Center

VERMONT

BARRE
Rubel Home Decorating Center
MIDDLEBURY
Phinney's Paint & Dec. Center
RUTHLAND
Phinney's Paint & Dec. Center
ST. JOHNSBURG
Mayo's Paint & Glass Sales (2 locations)

VIRGINIA

ANNANDALE
Fashion's Wallpaper & Paint, Inc.
ARLINGTON
Dyer Brothers, Inc.
CHASE CITY
Curtis Jones Decorating Co.
DANVILLE
Danville Decorating Center, Inc.
PENNINGTON
Rogers Home Decorators
PETERSBURG
Joyner Paint & Frame
RESTON
Towne & Country Paint & Wallcoverings, Inc. (2 locations)
RICHMOND
Smartn'up Wallcovering & Paint
ROANOKE
Harwood Custom Interiors
ROCKVILLE
Dyer Brothers, Inc.
WINCHESTER
McPhail Paints, Inc.
WOODBRIDGE
Wall Decor

WASHINGTON

BELLINGHAM
Stockton's
KENNEWICK
Campbell's Paint & Janitorial
MOSES LAKE
Armstrong Paint & Glass
RAYMOND
McDowell's Paint Center
RICHLAND
Clark's Decorating Center
SEATTLE
Parker Paint Sales (11 Locations)
SPOKANE
Columbia Paint Company
Paul C. Fossum, Inc. (4 Locations)
United Mfg. Co. (4 Locations)
WALLA WALLA
The Decorator Center
WENATCHEE
Apple Valley Glass & Paint
YAKIMA
Standard Paint & Wallpaper Co., Inc.

WEST VIRGINIA

BLUEFIELD
The Spectrum
CHARLESTON
Dean & Barry Paint Town
Glenn Paint & Carpet
CLARKSBURG
Eagle Glass & Paint Company
HUNTINGTON
The The Bath Shoppe

WISCONSIN

APPLETON
Bohlmann's Paints, Inc.
BELOIT
Paint 'N Place
BURLINGTON
Phleps Wall & Floor Covering
COLUMBUS
Paul's Paint & Decorating
DELAVAN
Scheurman's Decorating Center
EAU CLAIRE
Walker's Decorating Center, Inc.
FOND DU LAC
Pat Guy Paint & Glass, Inc.
HALES CORNERS
Dietrich's Interiors
JANESVILLE
Meutzel Badger Paint Store
KENOSHA
Pofahl Lino. & Paint Store
LAKE GENEVA
Cardinal Corporation
MADISON
Padgham Decorating Center (2 Locations)
MINOCQUA
Minocqua Decorating
NEENAH
Bohlmann's Paints, Inc.
NEW RICHMOND
Burnells' Decor
RACINE
Sanders Paint & Wallpaper
REEDSBURG
Olds Paint Store
RICE LAKE
Schellien's Decorating Center
SCHOFIELD
Custom Interiors
Progress Paint Co.
SHEBOYGAN
Dulmes Decor, Inc.
STURGEON BAY
Zoerb's
WAUWATOSA
Al Pfeil's Decorating Center (2 Locations)
WISCONSIN RAPIDS
Geisler's Paint Store, Inc.
Rapids Glass, Paint & Wallpaper

WYOMING

CASPER
Casper Komac, Inc. (2 Locations)
John Jourgensen Paint

CANADA

KITCHENER, ONTARIO
Heer's Paint & Wallpaper, Ltd.
ALBERTA, MEDICINE HAT
Freddies Paint (Western), Ltd.
STRATFORD, ONTARIO
Color Your World

YOUR DECORATING PRODUCTS DEALER



The Bath in Fiberglass
Country Grey; 5'½" x 7'.



ing bath in enameled cast iron
try Grey; 5' x 36" x 20" dee

Caribbean in enameled cast iron
Country Grey; 6' x 36"

If Kohler didn't make the best whirlpool baths you can buy, we wouldn't make them at all.

Kohler's leadership in design begins with something very basic.

The bathtub.

We design ours to accommodate you, not the hidden whirlpool mechanism. That's why there are no awkward ridges or bulges in our tubs. Your comfort and safety come first.

And, of course, your enjoyment. So we give you more jets than most other whirlpool baths. And we make them adjustable to let you localize the massaging action. Then we add dual independent air controls so you can regulate the amount of hydro-massage you want.

But the superiority of Kohler whirlpool baths doesn't stop with greater comfort and stimulation. We also give you a choice of styles and materials, including the only enameled cast iron models available. And we give you the durability of solid brass parts, plus the convenience and safety of automatic low voltage controls, one with a digital time display.

Look at all the facts about Kohler whirlpool baths. Look for your Kohler dealer (in the U.S. and Canada) in the Yellow Pages, or for more information send $.50 to Box WC, KOHLER CO., KOHLER, WIS. 53044. (Please mention this publication's name.)

If we didn't think the complete story would make us look better, we wouldn't ask you to look at all.

The Bold Look of Kohler

Country Grey
Black Black
Fresh Green
Expresso
White
Cerulean Blue
Mexican Sand
Parchment
Harvest Gold
Avocado
New Orleans Blue
Tiger Lily
Sunflower

New Benson & Hedges 100's Lights



Who could make light of themselves better?

Only 11 mg tar

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

How to take your decorating in hand

If you like to do things yourself, you're not alone. Two out of five Americans are active in woodworking, weaving, ceramics, and other crafts, according to a recent Harris poll. Cooking schools have quadrupled in the last five years. Crafts courses to the master-degree level are offered in 15,000 schools and colleges. The American Crafts Council's library boasts 3,400 handwork books. And home centers have doubled to 25,000 over the last four years. We're gathering where the craft action is: 50,000 people were attracted to the great Rhinebeck Craft Fair last June. The do-it-yourself project is at the center of living now. This issue speaks to your hands. Whatever your decorating interest, you can find ideas and inspiration, starting with these:

paint

Handpaint a durrie rug on the floor. A good idea, particularly if you have an oddly shaped room, paint an Indian durrie rug pattern on the floor. First sand down the surface very well. Apply pattern in acrylic paint. Coat with polyurethane to seal design. *Prudence Spencer, interior designer.*

Paint cement floors to look like tiled floors. Turn a cement porch floor, or even all the cement floors in a new house, into a handsome surface. First treat with concrete sealer. Then sand to a smooth surface. Paint with terra-cotta latex paint, cover with antique glaze. Hand-stencil on a grid pattern to resemble tiles. Polyurethane to seal pattern. It's money-saving. *Linda Carbutt, interior designer.*

paper

Wallpaper picture frames. Buy inexpensive frames from the variety store and apply wallpaper borders. Attach with a thin coat of Elmer's glue, sponged firmly on the frame. Spray a polyurethane finish for protection. Hint: Keep a decorating scrapbook to collect how-to ideas, pretty scraps of paper, articles from magazines. *John Robert Moore, interior designer.*

Wallpaper everything in the bathroom except the walls. Cover the moldings, vanity, towel bars, window jambs, boxes, shelves, mirror frames with a vinyl paper that's sturdy and washable. Apply with vinyl adhesive paste. When doing mirrors, cover the whole surface and out around the frame with a razor blade. Towel bars can be stapled as well as glued. *Ronald Cacciola, interior designer.*

wood

Build a storage partition with a window. Divide off two areas, say kitchen and dining room, with a wooden storage unit with doors that give access on both sides. Put in a glass window at the top, so it doesn't cut out light. Hint: Before starting this kind of structural project, live in the space you want to change. *Willy Van Bel, architect.*

Build a woodshed, or a garage, or a studio. Organize twenty-five friends into a weekend help party. It takes no time to frame up and enclose a space. Get the materials, tools, and work out the various tasks for each person ahead of time. It can be a lot of fun. A large group can do a job in a weekend that would take two people at least a month. Have a party with dancing at the end. *David Sellers, architect.*

fabric

Enclose a porch with painted canvas walls. Make canvas "walls" to the dimensions of the open spaces. Be sure to treat fabric with Gesso waterproof finish. Then handpaint the canvas with your own designs—perhaps a window, or an étagère with ginger jars to match the print of sofa pillow. In winter, canvases can be brought inside to serve as screens or paintings. *Kate Wharton, interior designer.*

Fabric and stencil a chest of drawers. Cover the entire piece of furniture with red and white ticking. Then stencil red hearts on each drawer, five on the top drawer, four on the next, three on the next, and so on. Before you begin, make a sketch, think the project through. Choose the right tools. For instance, use cuticle scissors for small areas, larger scissors for larger areas. *Leslie Linsley, crafts designer.*

clay

Make a birdhouse. Buy some terra-cotta or brown clay. Roll out to ¼-inch thick. Cut out four sides, the base, and two sections for the pitched room. Use a coil of clay to seal all edges together. (If you want to add texture, roll clay on woven place mats or burlap.) Let dry for a week. Take to a local kiln to be fired. Hint: Be sure and make the clay item larger than you anticipate the finished piece. Clay shrinks when dried. *Kitty Bright, Crafts designer.*

You can

If your rooms need a quick refresher, a little pep talk, a livelier look, you've come to the right place. Starting here, an action portfolio of inventive ideas to show that whatever your decorating problem is...

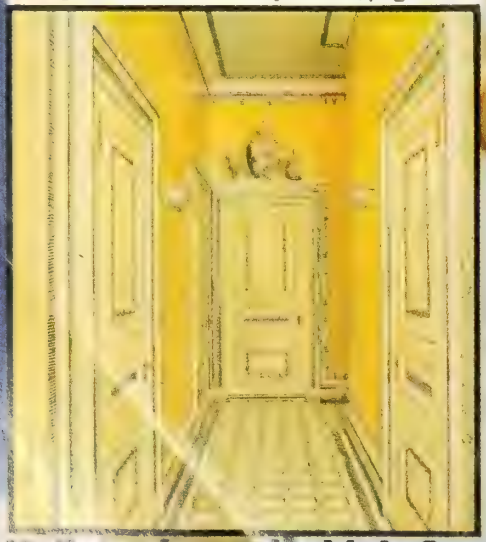


An attic find brightened with découpage butterflies. By Leslie Linsley. You'll find details on page 104.

JON ARON

ED HARDIN

Dutch tile Con-Tact paper borders yellow walls—floors, china collection painted on. By Richard Neas for Kips Bay Boys' Club Designer Showcase. Do it yourself, page 103.



Hallway have the blahs?

paint and paper it

Furniture need a face-lift?

découpage it

ix it!



No-seam slipcover by Angelo Donghia. Learn how to make one, page 52.

Lettuce cups of chilled garden peas with sour cream, dill. Richard Nelson. Recipe, page 178

BEADLE

Meals need color?

oss in some greens

Chair need a new slipcover?

ne-one on



Have an unenlightened window?

Plug in some sunshine

A dark city view made sunny year-round, thanks to two 150-watt outdoor spotlights that bounce light off the yellow and white striped canvas awning into the house—an idea of designers Robert Denning and Vincent Fourcade, for their own house.

Above, top: Cheery house that dresses up the block; windows shine warmly at night.

Above: Sunny yellow light brightens a reading/writing corner.

How do you rejuvenate a stuffy Victorian?



Strip it down to its original charms

When you remove a century of paint and add air and light, suddenly a house can be young again

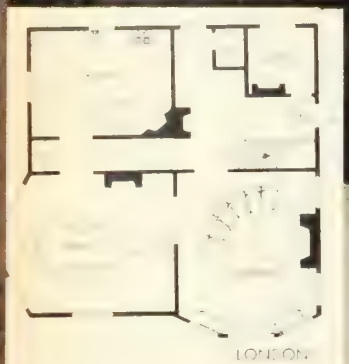
Even with its new white trim, the countenance of this 1879 beach house remains uncompromisingly Victorian. But inside, the Victoriana has been brought right up to date by the simplest means—restoring the best of the original architecture, stripping everything that could be stripped, using white paint everywhere, and adding inspired contemporary touches to give the house the look of today. "This is a beach house, for barefoot, indoor/outdoor living," explains interior designer Eleanore Kennedy. "Hence all natural materials and no color; the integrity of nature is part of the design." Integrity, too, is the basis of the restoration. Take the ceilings, for instance. Under layers of old paint were cherrywood moldings —different patterns in each room. "So we made a diagram of each ceiling, took down the wood, stripped and varnished it, put up white wallboard, then replaced the strips." She also stripped and revealed the cherrywood windows and natural pumpkin pine floors. Then she added the most up-to-date furnishings—the crescent-shaped white laminate banquette, with huge down-filled duck cushions, for instance, designed for the living room, *left*, "because we wanted some curves." White cubes on castors act as footstools or tables. No curtains or rugs anywhere.

Top: Outside, the white-trimmed house is pure Victorian.
Opposite page: In the living room, original fireplace (one of nine in the house) painted white, with mantel and side shelves holding shell collection.
Opposite page, bottom: Across the fireplace, dining room and beach view beyond; white ceramic sculpture by Martine Vermeulen.



Strip it down

Rising from the dunes, the 100-year-old house was built to last by ship and dock builders. That's why its solid shell now contrasts with the light, airy feel of the interior. Windows are unobstructed: "The beach views are works of art in themselves," and night lighting comes from ceramic shell wall sconces on dimmers. The kitchen, *left,* is the only room remade from scratch (it was formerly a bedroom), since the original kitchen consisted of brick ovens in the basement—shades of *Upstairs, Downstairs.* For the new kitchen, along with the contemporary island, cabinets and Garland stove, designer Eleanore Kennedy installed tin ceilings and dado painted racing green. "Pressed tin was much used in Britain 100 years ago," she explains, "and in keeping with the essential character of the house."





Original moldings zigzag across ceilings; new kitchen paneling is Victorian tin

BEADLE



Top: In the kitchen, green-painted tin ceiling and dado contrast with white walls and ceramic tile floor. Cabinets are white-washed poplar. Island contains a garbage chute to basement. From the old beam (once concealed by plaster) hang century-old baskets discovered in the attic.
Above: In the dining area of the kitchen, with beach view from window, antique fan light from an old hotel.
Left: In the bedroom, stripped woodwork, open-brick wall and fireplace (both original). Giorgio Sant'Angelo sheets provide the only pattern in the house. Wicker chair was found in the house and painted white. Shell print over mantel by Georgia O'Keeffe.
Opposite page: In the dining room, shadeless windows bring the natural landscape indoors. White laminate tables (here dressed in African violets) and plastic chairs are informal for indoor/outdoor entertaining, and contrast with wood floors and geometric ceiling design.





What if your house is short on character?



Give it personality with add-on architecture







Moldings, a mantel, lots of glass, and a vaulted ceiling to give the space a lift

What starts out as an ordinary house on a village street can be turned into a cheerful country cottage, and here's the house that proves it. First, the old screened-in porch was annexed to the living room, doubling its size; sliding glass doors and a brand new wood-slatted deck were added to the dining room; and, in the kitchen, *left* and *bottom left*, the old ceiling was removed to reveal the original peak now beamed with pine, and a triple-paned picture window went into the once-solid rear wall. Architect Charles La Malle, who transformed the space, replaced the old floor with crisp, white, easy-to-maintain linoleum patterned like brick. Once the space was right, designer John Rogers moved in with lots of informal, comfortable furniture—some he designed himself (most of it's available in his shop in Southampton, N.Y.) and some picked up at local second-hand shops. And everywhere he could, he added his own personal touch. In the breakfast room, for instance, walls and racks are full of pots, pans, baskets for a country cottage feeling.

Top: The house from the street. The bottom half of the taupe-colored area used to be a porch. **Left:** In the breakfast area, a maple Formica-topped table with Mexican pigskin-and-bark chairs. **Left, insert:** Separating the kitchen and breakfast areas, a storage counter. Over it, a pot rack made from a 3-by-3 and meat hooks hung from links of chain.



Beside a living room that was once half porch, a dining room that's now half garden

Give it personality

All the space in the living room, from the front of the sofa to the fireplace wall, was borrowed from the old porch. Now enclosed with windowed walls trimmed with added moldings and an old mantel, the new space blends beautifully with the old. The whole room was painted taupe and white like the exterior of the house, and Mr. Rogers decorated it with a mix of found furniture—like the sofa and armchair he redesigned and covered in durable Indian cotton—and a handful of his own clean-lined designs: the cocktail table, wrapped in lacquered Oriental wall covering and, on the left-hand wall, the chest and mirror with half rounds of bamboo. The result: a room that looks as it was always meant to.





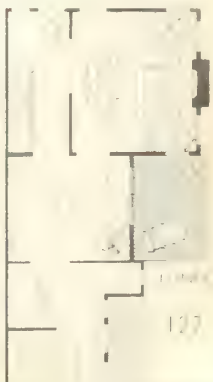


BEADLE

Far left and **left:** The living room, now twice its original size. Over the mantel, lacquered basket flanked by porcelain elephant wall brackets bearing hand-painted plates. In front of it, a pair of carved-wood cockfighting chairs covered in flame-stitch linen. On the table, two Roy Hamilton plates and an antique basket of flowering zebra plants. **Above:** Outside the dining room, weathered natural wood deck. **Bottom, left:** New sliding glass doors between dining room and deck. Pedestal table with Phillipine buri chairs. Louis XV mirror. **Below:** First-floor plan showing added space.







How can you make one room live like more?

Expand with mirror, divide with books

All the light and airiness of the outdoors plus an abundance of storage may sound impossible in a one-room apartment, but it's all here—and for less than $3,000. Art director Rochelle Udell brought the view right in by mirroring walls across from the window. More mirror on the side wall expands the space. To divide it into living and sleeping areas, and hold books and music, she designed an ingenious double-faced bookcase. Composed of five interlocking modules set into a base and top, the shelves are of varying depths—16 inches for records, speakers, and stereo equipment, 12 inches for art books, and 8 inches for novels.

Above: Mirrored wall reflecting bookshelves doubles the room.
Right: Tree in sleeping area behind bookcase brings nature indoors.
Opposite page, bottom: Sofa is three chairs with legs in a wood frame.
Far right: Plan of apartment.

TOM YEE

ow one strategic bookcase and a whole lot of mirror
ut new excitement into a one-room apartment







Expand and divide

Bookshelves march from the kitchen wall right into the main room (see plan, previous page) to form a separate sleeping alcove. With the bed facing the wall of windows that look out on a huge expanse of sky, "it's almost like sleeping outside," Rochelle Udell says. In the kitchen, *bottom left,* butcher-block shelves and counter provide storage and work space, and tiles cover a wall and then some. "Now it helps satisfy my appetite just to look at the kitchen," she says. More mirror and built-in shelves, drawers, and counter make the tiny dressing area, *bottom right,* work in a big way.



Right: Bookcase creates separate sleeping area. Mirror on the far wall reflects room and view. **Top:** Mirrored wall leads straight to kitchen door at the end of bookcase. **Above:** Behind the sofa, vertical window blinds provide privacy, admit light. Minimal furniture does not interrupt view or flow of space. **Left:** Kitchen is now "eat-in," thanks to butcher-block counter. New tiles brighten the small space. **Opposite page, bottom right:** Dressing area with mirror and built-ins. Baskets contain clutter.







New bookcase sets off sleeping area; new tiles make the kitchen appetizing

FIX IT!

How can you revive an old kitchen?

Wake it up with pape and paint

If you're stuck with an old-fashioned kitchen and can't afford a full-fledged remodeling, you can still make it look—and work—like new. Here's how one young couple did theirs, without even replacing their old cabinets and appliances. "All it took was a lot of imagination and good old-fashioned hard work," say Pat and Tom Falzarano. The kitchen now has new graphic print wallpaper, a new vinyl floor patterned like quarry tile, simple open shelves where old cabinets once hung, and new butcher-block countertops. "It took three months of pressing on after work and on weekends, but we really learned a lot." Designers Donna Lang and Lucretia Robertson got the Falzaranos off to a well-planned start and helped with advice along the way. Since all the old appliances stayed—"they work well, and add a certain lived-in appeal"—Pat and Tom put their money where it showed, in a new background of top-quality materials. First, they cleared out everything that was no longer appropriate or useful: the window valance above the sink; the stove hood; two mismatched cabinets. Then they extended a shallow wall (a matter of studs, wallboard, and "Renoir Plaid" vinyl wallpaper by Lloyd/Reed) beside the refrigerator to make it look built-in—and create a cozier breakfast nook.

Right: The Falzaranos hanging wallpaper in the breakfast nook. **Opposite page, top:** The new kitchen, with graph-paper walls, open shelves, tile-like vinyl floor, and the refrigerator in a special niche of its own. **Opposite page, bottom:** Before the transformation, an ordinary kitchen, with busy wallpaper, odd cabinets here and there, and a downtrodden floor.



JOSHUA GREENE

Here's what this kitchen cost

WALLCOVERING, 20 ROLLS @ $22.25	$ 445
FLOORING, 28 SQ. YDS. @ $13.25	371
BUTCHER-BLOCK COUNTERTOPS	240
SHUTTERS	140
LIGHT IN THE BREAKFAST NOOK	66
HARDWARE	60
PAINT	40
SHELVING	30
BRACKETS AND STANDARDS	23
	$1415

TER

ORE

The easy way to remodel on a budget—by a young couple who did the work themselves



AFTER

BEFORE



Wake it up

Simple changes that make a big difference: stretches of open shelving where cabinets were; clean-lined wallpaper; a fresh new outlook for windows

JOSHUA GREENE











"Quarry Tile" vinyl floor, Armstrong. "Renoir Plaid" vinyl wallpaper. Lloyd/Reed. Pittsburgh Paints' Water Base Gloss Enamel

The first thing the kitchen needed was conviction—a unifying wallpaper to replace the ditsy print, a strong statement of shutters at windows once overhung with afterthought valances. "Donna and Lucretia knew we weren't the café curtain type," says Pat, "and the shutters look so clean and modern." Light chipboard shelves, cut to size at the lumberyard, and set on brackets all around the room, were an inexpensive way to add color and individuality, displaying an attractive collection of baskets, terra cotta, glasses, preserves—and the sweeping horizontal lines give the room continuity and modern dash. Attention to details ties the kitchen together: New chrome wire hardware replaced a variety of old knobs and pulls, and hutch doors were trimmed with narrow half-round molding, then painted Biscuit to match stripes painted on neighboring doors. All paint is Water Base Gloss Enamel by Pittsburgh Paints. To offset all the whiteness, Pat and Tom painted the inside of the cabinets a spicy cinnamon color, laid a new vinyl floor, "Quarry Tile" by Armstrong, and cut butcher-block countertops from slabs of maple. "When you're working with expensive materials, it's important to measure carefully two or three times before you begin to cut," cautions Tom.













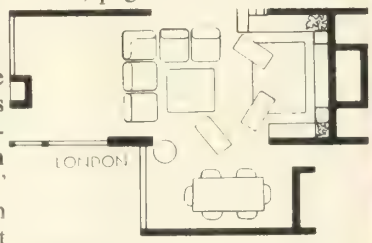
Opposite page, top: In the finished kitchen, the old-fashioned sink and stove are anchors for their new surroundings. **Opposite page, bottom:** The old kitchen, before cabinets, valance, and stove hood were removed. **This page; 1.** Biscuit stripes give purpose to a formerly awkward row of doors. **2.** Built-in hutch, surprised with cinnamon inside. Half-round moldings hold plates upright. **3.** An angle-edged brush and a steady hand make striping easy. **4.** New chrome wire pulls update doors and drawers. **5.** Appliances make a name for themselves in signature covers (Vogue pattern #1892). Cookbooks covered in brown paper. **6.** In breakfast nook, narrow butcher-block serving counter hides old-fashioned radiator beneath. **7.** Pat and Tom make dinner in the new kitchen under furry supervision. **8.** Tom applies paste to vinyl wallcovering. **9.** Pat smoothes freshly hung wallcovering with a damp sponge. **10.** Both get down to business measuring before a new vinyl flooring is cut. **11.** New floor is rolled out over old, cemented. **12.** Tom puts up brackets and standards for chipboard shelves. Shopping information, page 222.

How do you furnish a house in a hurry?

Try take-out furniture, a terrific new way to shop

Come to the furniture supermarket, where you can buy everything you need for the house, and decorate when you get home

If you ever wanted to wave a wand and have your rooms decorated from scratch, almost overnight, now you can do it with the new "take-out" furniture. Everything shown in this house can go straight out of the store with you. (Special fabrics take a little time to order.) Wood furniture comes in kit form, with step-by-step assembly instructions. What a way to get more decorating for your dollar. This big living room, with library, dining, and foyer areas, plus master bedroom were furnished for just over $5,000. Architecturally, the house is a match for the speed-oriented decoration. A breakthrough construction technique using precast concrete blocks and planks permitted 21 levels of roof to be put in place in only 3 days. More details from architect Dimitri Bulazel, page 223.



Right: Skylighted living room with take-out furniture from Conran's in New York.
Above: Plan of room.
Below: House and courtyard, with roof-high glass walls. Entrance door at the right. Stucco-finish white walls are the same inside as out.







Take-out furniture







Top: On fireplace banquettes, the snap of blue and pink pillows. Painting by Esteban Vincente, from the Fischbach Gallery.
Above, center: Corner of living room, with stairs leading up to bedrooms. Along the wall another comfortable banquette. Spotlights emphasize changing levels overhead. Painting by Larry Zox from the André Emmerich Gallery.
Above: Behind L-shape seating, the library area with put-together-yourself shelving units.
Opposite page, top: Master bedroom with its own private terrace, decorated in blue and white. Striped cotton duvet on the bed matches other linens. Painting by Eliza Moore from Betty Parsons Gallery.
Opposite page, bottom: Dining alcove with two ficus trees to add a greenhouse feeling. Painting by M. Kawabata from Betty Parsons Gallery.
Shopping information, page 222.

Nature provides the color in a house with floor-to-ceiling glass walls looking out to a tree-filled garden. These huge windows were purposely kept bare to allow maximum light and view. Floors are stone, like a greenhouse, warmed here and there with furry rugs. Clean-lined modern furniture respects the design of the house by Dimitri Bulazel: a cluster of cubes with differing ceiling heights to provide a variety of spatial experiences. The living room is furnished with five sectional seating units that form an L-shaped conversation area. Units come covered in stock fabrics, which you can take home the same day (special orders such as the sand-colored handwoven cotton here have a 3-week delivery date). There are four canvas sling chairs, and pillowed banquettes on each side of the fireplace. Two small trolley tables move around as needed. The big coffee table is a do-it-yourself project—a plywood box painted charcoal and topped with a square of rough-cut gray marble. Two alcoves off the central living space are furnished with identical carry-home-and-put-together tables—one is for dining, the other behaves as a desk in the library area. Stackable dining chairs are yellow metal, giving a sunny-day feeling under any sort of sky. Master bedroom is organized as a second sitting room with two face-to-face loveseats. Beds, tables, and terrace furniture are all put-together-yourself items. Everything from Conran's, New York.

In rooms built like a greenhouse, the freshness of white with flower color



$5,834.05



The power of things

Are you a passionate collector or a seeker of simplicity? Do you love convivial clutter or the freedom of space? And, if you wanted to, could you change? Here, the story of just such a dilemma

By Francesca Stanfill



I have always been fond of *things*—mad, at an early age, for objects; attracted, like a magnet, to anachronisms: lacquered boxes, snuff bottles, miniatures, Venetian papers, leather-bound books, sagging sofas, porcelain, not to mention antique napkin rings, silver tea trays, battered chests, and threadbare carpets. Found objects as well as art objects, no matter: The pull of these *things,* to me, is their past.

There's little allure in the new, freshly lacquered artifact; somehow the aging, time-tossed object is always more seductive. Seldom do I stroll a beach without searching for some sea-worn shell; pass a creaking, antique chair or crumbling column without imagining its history; or sightsee in a foreign city without combing through antique shops.

It's not merely a question of acquisitiveness. I believe objects speak; *things* echo their eras. The humblest—encased in glass or poised on pedestals—peer from museums like glamorous, aging phantoms. A suave Egyptian chair; a baroque rock crystal cup; a leafy mask of Mycenean gold—these are still, yet articulate ghosts that recall distant places and people, the past.

There have been others—kings, queens, courtesans, tycoons—who felt this potent pull of *things.* Aficionados of the object all; feverish collectors of paintings, sculpture, and antiques. Some who come to mind immediately: Catherine the Great and her self-admitted "gluttony" for art; her raging "picture fever"; Madame de Pompadour, rearranging her houses and fussing with furniture; Heinrich Schliemann, smuggling out gold-drenched Trojan tidbits; Thomas Jefferson, waxing poetic about the ruins near Nîmes; the great families of the quattrocento—the Medicis, the Sforzas, the Montefeltros of Urbino. Later, there was Isabella Stuart Gardener, with her house in Boston built like a mini-palazzo on the Brenta, crammed with everything from souvenir sombreros to Roman heads and Sargents; and, finally, Christina of Sweden—legendary, in her pre-Garbo era, as Scandinavian, eccentric, and eclectic.

My own *things,* considerably more humble than those of that crowd, are treasures no less. Few are new; most are European. A bit of Renaissance glass, for example; a French 19th-century map of Troy; an enameled cup from the coronation of Nicholas and Alexandra. These *things* are like charming, old, familiar friends.

Occasionally I've questioned these romantic inclinations, thinking they contradict those modern dictates to Eliminate the Unnecessary; Simplify; Pare Down. Once or twice my sensible Scotch-Irish side has persuaded me to try to imagine the chic thrill of spareness and the freedom from *things.* Until, invariably, my resolve peters out: All it takes is one visit with a kindred acquisitive soul to get my baroque Italian blood going. This instinct, especially for decoration, will never suit the school of spareness. "Real luxury is space and time—you don't want to fill them up with a lot

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Editor's note: Francesca Stanfill is a fashion editor at Women's Wear Daily, where she also writes features and interviews. She graduated from Yale in 1974 and now lives in New York.

WHO'S FOR THINGS? WHO'S FOR SIMPLIFYING?

"You can mix everything, the old with the new, the good with the not-so-good, colors, patterns, styles, everything...All along I've collected everything I loved and could afford at the time."—Mrs. Henry Parish III, of her country house in Maine. See H&G, December, 1977



HORST



"Use color and patterns sparingly, and concentrate on uncluttered furniture. When you're living in small spaces, the thing to remember above all is to SIMPLIFY."—Billy Baldwin, talking about his Nantucket cottage. See H&G, January, 1977

"Collecting folk art is my business and my pleasure. Part of its character is that every piece relates to another, and a room full of folk art can't help but be a friendly room."—George Schoelkopf, about his New York City apartment, designed by Harry Schule. See H&G, February 1977



of *things,"* said Halston recently, photographed, priestlike, in a bewitchingly spare mirrored bedroom. I am rapt with fascination before such starkness. It is a sleek but foreign cult, practiced in newly minted rooms without a hint of memorabilia. Rooms without *things;* places without a past.

There are many offshoots of that look, some are more utilitarian than elegant. What binds them is newness and the absence of *things* with patina. Silent spaces in stainless steel, flannel, Lucite, and chrome; everything solitary and shiny, nothing in profusion. One single calla lily in the obligatory, globelike bowl. Furniture that is sensible, washable, wipable, easy to care for: sailcloth covers, seats in swirling plastic; chairs with mildew-resistant, vinyl-coated backs; alcohol-proof acrylic stacking tables and chairs of palm stumps and logs; "sleeping chambers" with little more than a pad and a pillow.

There was a time when, seeing places like these—rooms so unlike those in my memories—I would return to my own surroundings, disquieted. How much simpler, how much more sensible and practical, would life be like that, I would ask. Why shouldn't Plexiglass be cozy, in fact? Yet the company of treasured *things* would always reassure me; so would the words of a friend, artist Tony Duquette. "I am not moved by the perfect piece of plastic," he is known to have announced.

Two years ago, in fact, I came to such a confrontation. Straight out of college, with a new job and a new apartment, I decided that my affinity for *things* was, at the very least, outmoded and old-fashioned; a bit bourgeois and sentimental; not sleek, not IN, not spare, and—worst of all—not intellectual. And so, the time had come to clear away my memorabilia and Simplify My Life. Enamored of starkness, and hypnotized by the easiness of emptiness, I would become marvelously modern, unfettered by *things.*

Looking back now, I wonder whatever possessed me to take such a step; first, wrestling with collecting had never been my forte. Secondly, my taste in music, art, and literature has always leaned to the antique; to objects with age; to houses and cities with a strong sense of the past. Oxford, Paris, Venice; my favorite *things* brought to mind those romantic places—their atmosphere, their past, their rooms, their objects. And yet moving to New York made me think that this attitude would have to be amended for sleek and modern city living. Religiously I pored over magazines and studied the looks of those modern, stark rooms, wondering what was the secret of being oblivious to *things.* A friend lived in a gleaming, all-white apartment—a vision of minimalism if ever there was one—utterly devoid of objects. Cotton-padded sofas; bare and gleaming walls; no clutter; no books; no *things.* Just mirrors and plants and low-lying tables. "All you need is a sofa and a stereo," was my friend's advice.

But back in my own apartment, boxes filled with *things* had already stacked up, and cartons of books were en route. The walls were waiting to be painted. A decision was imminent. To be modern and with-it or submit to this outmoded affection for *things,* this clamor of objects?

And so, with the zeal of a city-dwelling Savonarola, I decided to excommunicate the extraneous and join the stream-lined Spartan school.

Among my Draconian measures: First off, the walls were to stay white. The baskets and boxes would remain in storage. Some books I thought permissible—dictionaries and reference sets, for instance. The others—my Renaissance art books, 19th-century classics bought at Blackwell's in Oxford, worn editions of Tolstoy, Flaubert, Austen, Wharton, and James—all of those would stay crated, at home in California. As for my posters, they were simply rolled in cylinders and locked in closets.

And so the room was set: gleamy-topped tables, a cool cream-covered sofa; low, white-lacquered chairs. It looked so utterly IN; so terribly spare; with just enough quasi-Oriental touches to rescue the room from being merely monastic. The cool white walls were shadowed with plants; the test-tubelike vases filled with a few tilting lilies.

At first, it worked. My new job absorbed me, and it was satisfying to see that I, too, could live without objects.

But the reformation was short-lived. I began to linger at the windows of dusty junk shops, and steal surreptitious glances at painted Regency chairs and crystal sconces; at odd and impractical bibelots and boxes; at enameled spoons and antique teapots; at little, in fact, that was minimal. Studiously I'd go to museums and study Rothkos, Lichtensteins, and Stellas, only to find that the moonlit Zurbaráns and Giorgiones, the Egyptian and the Roman rooms beckoned more strongly. It was the pull of the past, once more.

What is this power of things? Is it a strong material urge? A crass acquisitive instinct? Or a mild but incurable affliction that must be treated gingerly—like weak ankles?

The revolution happened a year ago. I missed my books too much and all my memorabilia—the engravings of Oxford; the shells from my grandfather's birthplace on the Adriatic; the photographs of Paris; my small bronze Chinese dragons.

It was heresy—but happiness—to paint the walls pale terra cotta. Fervent letters implored my family to send my books and my stashed away *things.* Posters and paintings, unfurled and framed, now surround me. A worn blue and white Chinese rug, found in a junk shop, was lugged back in a basket. I massed the plump, chintz-colored pillows unabashedly on a sofa, and even made more; over the other sofa went a large throw of paisley. Up went shelves above my desk; now they are lined with letter-paper in baskets, leather-bound journals, photographs, and flowers.

What is this power of *things?* Is it a strong material urge, perhaps? A crass

Continued on page 192

"When you don't have a lot of space but want an uncluttered look, create backgrounds that stay in the background and use simple furniture that does multiple duty."—Ingrid and Lee Drotman, on their Greenwich Village apartment. See H&G, March, 1978



WILLIAM P. STEELE



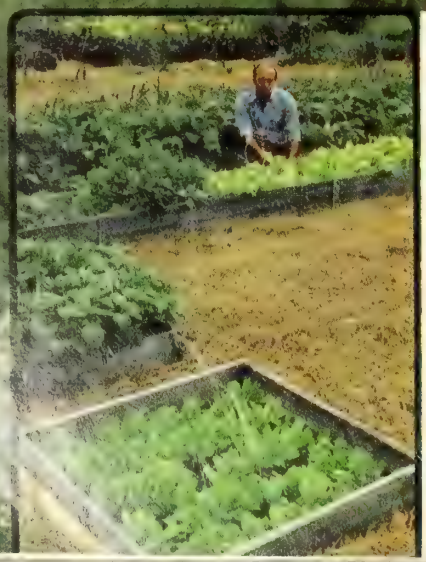
"A spare room gives a sense of comfort and relaxation, as it encompasses the space instead of a lot of furniture controlling it."—Alan Kupchick, from his New York apartment. See H&G, May, 1978

BEADLE



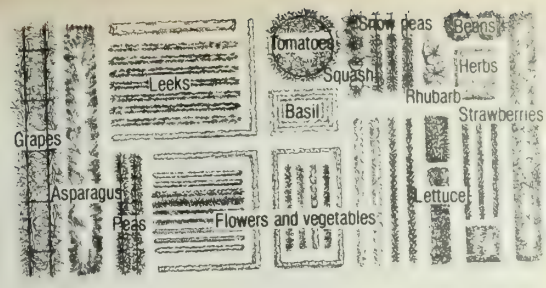
"I love to surround myself with all kinds of flowers—real ones, fabric ones, even painted and porcelain ones."—Tricia Guild, in her London town house. See H&G November, 1977

The



A wish to garden, cook, enjoy life, and savor the seasons can become a reality when you exchange city life for a few acres and a farmhouse. This one, restored by Robert Nunnelley and Gerald Coble, is near the Vermont border in upstate New York. The growing season is short, but with an early start in cold frames, the harvest includes tomatoes, eggplant, herbs (opal basil is a favorite), salad greens, beans, potatoes, and leeks enough to sell. Easy flowers like cleome, marigolds, and calendula spice the 100-by-50-foot garden with color; neat hay paths enclose beds.

Above: Garden near neighbor's cornfield.
Top: Federal door, simple porch.
Left: Gerald Coble, organic gardener.
Right: Robert Nunnelley making pasta.



BROTMAN





best of country living

an 1800s farmhouse, a restored kitchen, nerican antiques, and a big old-fashioned den to tempt you back to the land





You can cook, chat, even take a nap in the big cozy keeping room-kitchen

"I just wanted the house to look the way it used to," says Bob Nunnelley, painter and exceptional cook. The house had fallen on hard times—even a makeshift bath, added when the house had been converted into apartments, had to be cleared out of the kitchen. The trim around windows, doors, and floors was taken down to the original paint, and left that way. Planks removed from a pantry, now a sunny studio, were recycled to make the big kitchen table. Furniture, all but a few Southern family pieces, was found in and around Washington county. "We don't 'collect.' Everything is simple, and most important, there's nothing here that isn't used."

Right and **below:** The keeping room-kitchen with herbs drying on the beams, a Norwegian Jøtul stove, old field bed.
Top: In the center hall, rocking bull by Harold Keller and two avocados framing a garden view.
Opposite top: Parlor with square piano.
Opposite center: Candlelit dining room with trestle table, Nunnelley painting.
Opposite below: Maple bed, "Princess Feather" quilt, paintings by Gerald Coble, calendulas from the garden.

BEADLE







Decoratin

The adventures of a young coup who, working with a top design found they got a lot more than top design



"We asked for uncluttered rooms that really work for us, and we got a bonus—furniture that looks like sculpture"

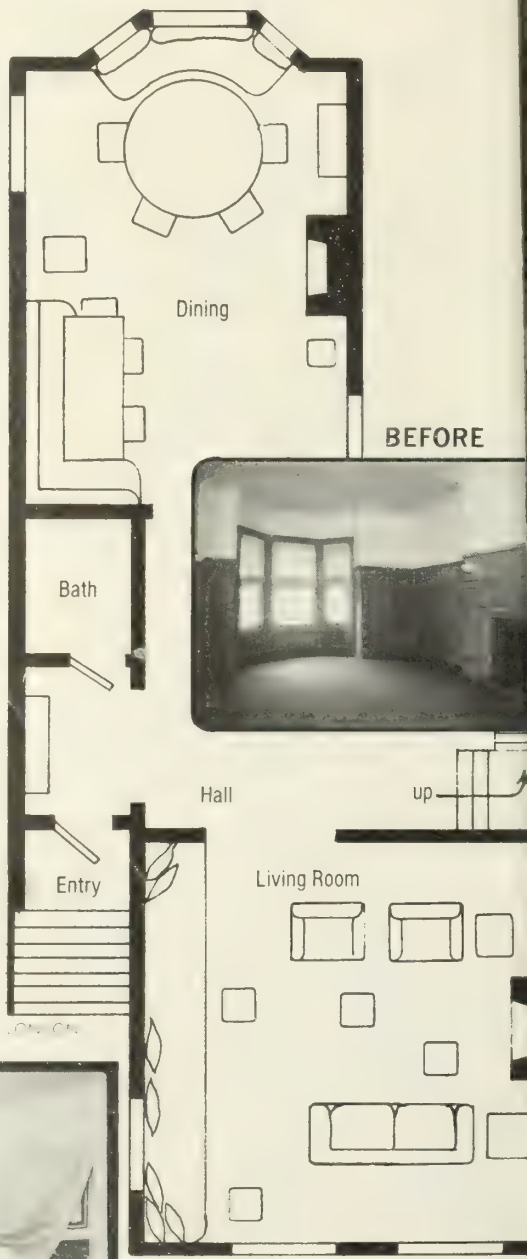




"In decorating, if you try to avoid clichés, you'll get rooms that really say something"

If you're decorating a house on a limited budget, you'll probably have to make some important decisions about where to put your money. "Experience has taught us to invest in decorating that can grow with us," say Neal and Lynn Fox, whose lifestyle accommodates two full-time careers and two teenage sons. When they settled most recently into a turn-of-the-century San Francisco town house, they asked designer John Dickinson to help them design a master plan for flexible rooms with good-looking, adaptable furniture. Giving the shell of the house a simple update—grasscloth walls were painted crisp white, floors carpeted, woodwork left untouched—Mr. Dickinson devoted his energies to what goes on inside. His clients had already invested in a good sofa and two chairs, so he started with these and filled in with his own handcrafted designs. "We like the way John operates. He worked out his whole proposal, we approved it, and then he took it from there. We ended up with rooms that work, and furniture that could very well be tomorrow's antiques." (An exhibition of John Dickinson's custom-made furniture—all new designs—in settings which he designed, will be at Macy's in San Francisco, opening April 30 with a benefit for the San Francisco Museum of Modern Art.





BEFORE

Above, top: In front of the house, magnolia tree, planted in 1902, right after the house was built. **Above:** At the far end of the dining room, a bay window—just the place for a round table. Fresh paint above emphasizes original wainscoting. **Right:** In the living room, leather sofa and chairs, wood-carved "stone" tables, double-faced canvas tent-flap curtains over hand-painted shades.



Above: The first floor plan, typically turn-of-the-century, with dining room a living room flanking a large stair hall. **Above left:** The dining room, pre-move

with a master plan

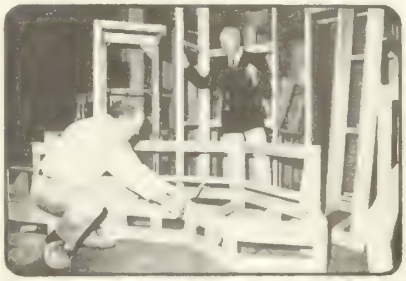


Above: The Foxes on L-shaped banquette behind draped dining room table. **Below, left:** Mr. Dickinson choosing fabric for living and dining room pillows.

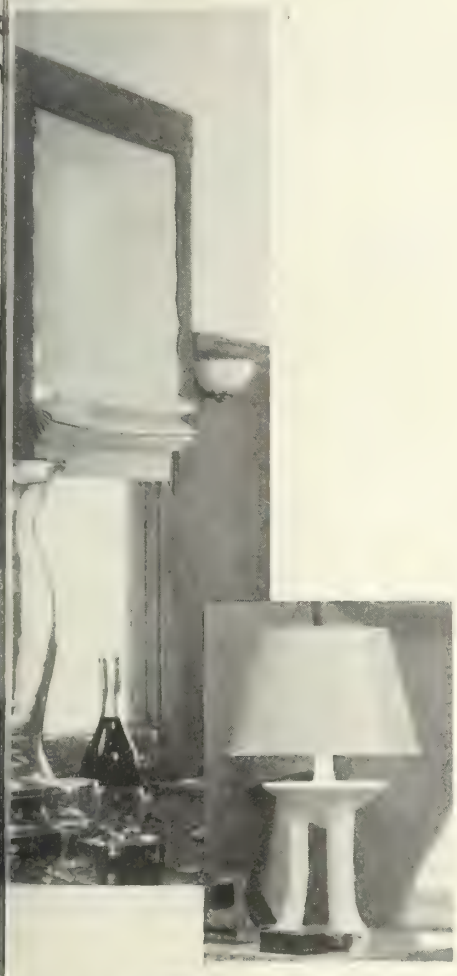


RUSSELL MACMASTERS











JOHN DICKINSON: HOW TO CREATE THE ROOM YOU WANT

Q. When you first confronted the empty room, what's the first thing you did?

A. Before anything else, I always measure. I measure every inch of the room, draw floor plans showing alternative ways of arranging furniture—all to scale—and work out all the traffic patterns. It's like turning a table upside down: When you do, you know a lot more about that table. After you really understand the architectural direction of the room, then you can start choosing furniture to develop it.

Q. Do you always have to have furniture that adheres to the architecture?

A. Of course not. Quite often a contrast is the basis for a very attractive room. That's what I had in mind for this house: crisp modern furniture set against its sober background.

Q. And the result is very appealing, even witty. It is the contrast between background and furniture that creates the wit?

A. That's part of it. The other part is the furniture designs themselves. Those tables for instance, are carved not to look like stone, but an interpretation of stone. They're such obvious fakes—the middle slab of the solid tables is slightly off-center—that they have character and give the room a sense of humor.

Q. Why so many of these tables?

A. Using a lot of the same styles and textures gives you a feeling of uninterrupted flow—even from room to room. Notice, we've used the same canvas for the curtains in the living room and the shades in the dining room; the same vinyl for banquettes in both rooms; and the leather on the Foxes's living room furniture is duplicated on the dining room chairs. Not only does everything in each room work together, but the two rooms harmonize.

Q. Why do you stick to neutral colors?

A. Same reason. Neutral colors have natural affinities for one another. They give you continuity and let the whole room speak softly. But I always like to spice them up with a color. In the Fox house, I used a strong pink—a Brooks Brothers Oxford cloth pink—that highlights the old wainscoting.

Above, second row, left: Checking the frame of the bay window banquette. **Above, second row, right:** With adz (a carving tool) in hand, Mr. Dickinson plots out the design of one of his tables. The whole carving process takes about 4 hours per square foot: First, Mr. Dickinson draws the design to scale; his workmen then transfer it to the table and carve; he carves the finishing touches himself. **Above:** In the lampshade workroom, making sure the shade is proportioned. **Left, top:** In the dining room, simple Roman shades, old wainscot paneling. **Left, middle:** One of two hand-cast lamps inspired by an African traveling stool. After the model is painted with twenty coats of rubber—"to give it its special texture"—it's covered with a clay shell, then cast in plaster. **Left, bottom:** Adz-carved table—Parsons style.

Decorating with a master plan







On the theory that you can't go wrong if you invest in quality, the Foxes bought the Italian sofa and chairs 2 years back. Mr. Dickinson thought neutral colors and natural textures would complement them. So when he added yards of seating with a banquette, he covered it in white vinyl, and placed stone-carved tables within easy reach of wherever you sit. On the windows he hung canvas, draped like the door to a sheik's tent. Still to come: 3-panel screens all covered in white vinyl that will conceal open bookshelves.

RUSSELL MACMASTERS



Top: In the living room, the surprise of tent-flap curtains over roll-up shades with hand-painted double borders. On the left-hand side of the sofa, hand-cast lamp with shade lined in pink.
Above: On corner windows, curtains are pulled towards each other, drawing the eye to the end of the banquette—a nook with pillows, wall-hung lamp.
Near right: Swatch of vinyl used on all banquettes.
Far-right: Woody foyer with tree-form chrysanthemum.

Since the Fox's dining style varies—informal family meals, formal sit-down dinners, large cocktail buffets—Mr. Dickinson gave their dining room an assortment of tables: a round recycled Brooks Brothers display table, now freshly lacquered; an oblong table draped with a Jacquard weave; and the carved buffet he designed himself. To keep the three tables from fighting with each other, Mr. Dickinson surrounded them all with banquettes (which look built-in but aren't) and white-painted chairs upholstered in leather.





Top: Two of the dining room's tables, each in a nook of its own. On the right-hand wall, a corner of the buffet. For a delicate accent, pink—in pillows, napkins, and flowering quince.
Above left, from top: Swatches of canvas for Roman shades (and living-room curtains); woven fabric for cloth (and pillows and upholstered stools); leather for chairs; and pink linen for pillows.
Far left: For family meals, a round pedestal table.
Left: For large dinners, covered table.



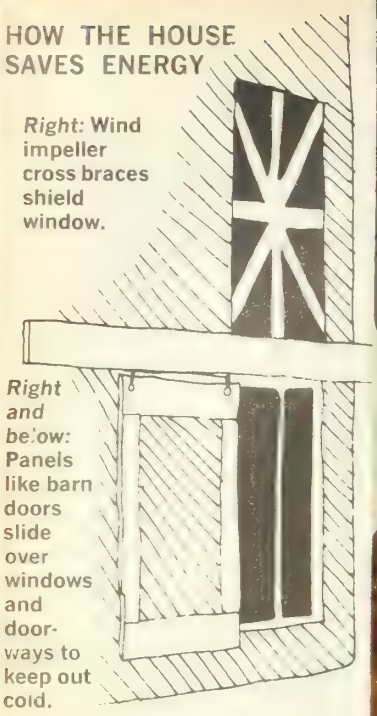


Here's a house that fits a family of five like a glove. Designed by architect Will Trout for himself, his wife, and three young sons, it is flexible and informal to match their lifestyle precisely. Detailed with exceptional thoughtfulness—built-in furniture, storage for every need, low-maintenance materials—it is a house for ease and enjoyment, not one that rules and runs the family. "I wanted a house I could be proud of," said Will Trout, "but one that was relaxing and not 'demanding' of me all the time." Modest in size (1,400 square feet), it was built in 1975 at Rocky River, Ohio for under $50,000: the figure would be nearer $55,000 today. What is more, energy conservation features, an integral part of its structure, make it a cost-saving house now. In planning it, activities and ways of living had first consideration. As Beverly Trout says, "Will, Billy, Peter, and little Timmy and I seem to spend our time together in the same room." So almost half this house was given over to one communal space for living, dining, and kitchen. Part of it is 2 stories high and the parents' room upstairs overlooks it. Adjacent is the three-boy dormitory atop the garage.

Above and left: At one end of the house is the glass-enclosed 2-story living room. Cross-brace framing of recycled mine-shaft timber serves as wind break. **Opposite page, bottom:** Young fry kick it around. **Left:** Plan of house

TOM YEE

HOW THE HOUSE SAVES ENERGY



Right: Wind impeller cross braces shield window.

Right and below: Panels like barn doors slide over windows and doorways to keep out cold.



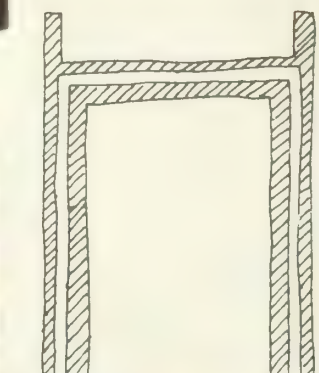


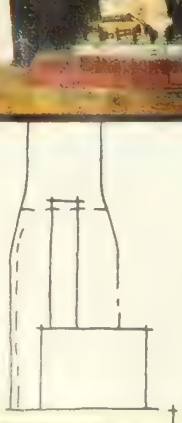
House made to measur

Energy-saving desig keeps monthly heatin bills under $3

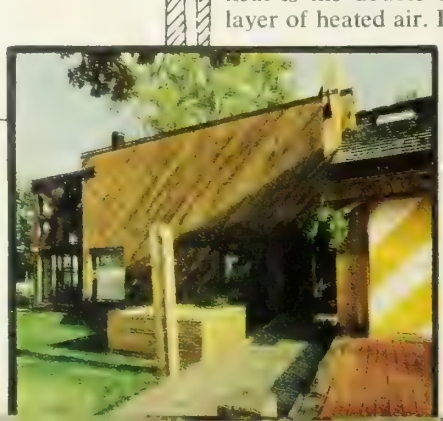
The house faces north, exposed to chill winter wind, so W Trout, experienced in studying winds on his boat, devised he saving measures to combat it. On the 2-story glass bay, he stalled wood cross bracing to set the wind in motion, circulati escaping warm indoor air over the glass. Recessed 6 inches in the 12-by-12-inch timbers, the glass is shielded from dire wind. Wind impellers cover other second-story windows and, the ground floor, panels like barn doors slide over windows a doorways in severe weather. Another method of saving hou heat is the double construction of outside walls that enclose layer of heated air. Framed by standard 2-by-4-inch wood stu the walls have an additional 2-by-2-in framework. In the space between the tw heated indoor air circulates in a warmi stream. The warm air is pulled into the channel, on the windward side of the hou by wind currents at the base of the walls. forced-air system heats and cools the hou through ducts under it and upstairs. Ave age heat bill: $28.50 monthly. The mu used fireplace, with a metal firebox and fireback reflector, can, in emergencies, be substitute heater for the house.







Above and left: Fireplace has reflector and metal fireback to radiate heat.
Right and above: Double wall construction. Heat circulates between walls.



pposite page, top: ıe living center is a story glass bay. elow wind impeller indows, sliding glass ɔors surround the ɛating group over- oking river and boats utside. Arched replace is central to ıe sitting and dining ɛeas and the kitchen. **ight:** Dining area, with edar siding walls, pine oard floors with ure- ıane finish, exposed eams, and a pine oard ceiling. Butcher- lock table and bench ere designed by rout. Cupboards tore china and glass; pen shelves are easily eached from dining able and kitchen. **Below:** Work center has ɔng, built-in counter or writing, drafting, yping, study. Book ɔins built in above, ste- eo, left, under stairs. Concealed fluorescent ubes light the counter.



STORAGE ALL THROUGH THE HOUSE

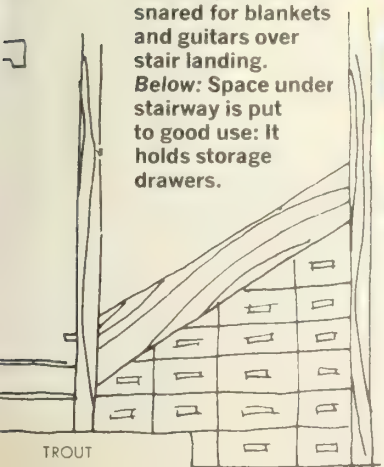


Above: **Extra book storage between ceiling beams above dining and kitchen shelves.**





Right: **Space is snared for blankets and guitars over stair landing.** ***Below:*** **Space under stairway is put to good use: It holds storage drawers.**



Right: L-shaped kitchen, immediately adjacent to living and dining areas, is a pleasure to cook in. Undercounter drawers and cabinets are faced in easily wiped plastic and so are oak-edged countertops (also bathroom and other storage units). Storage is in cabinets and pass-through shelves to dining area. Energy-saving fluorescent tubes light counters from above.

House made to measure

A place for everything— even boats!

The Trouts tucked into their small house a wealth of storage and built-ins exactly where needed. A desk for writing, drafting, and reading is wall hung, as are book bins above it and drawers fitted under the stairs. Dining table and matching bench are handy for meals or homework. China, glass, and utensils are instantly available from open shelves. Children's lockers for coats, school books, and boots are beside the mud room entrance, with pegs outside for other gear. Upstairs, parents' platform bed and children's bunk beds (with storage drawers) are built in; bathrooms have under-counter cabinets, towel bins, and racks. The garage has bicycle and boat storage, a workshop, open lockers.

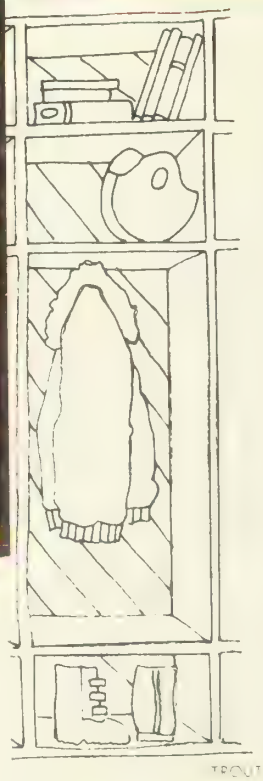




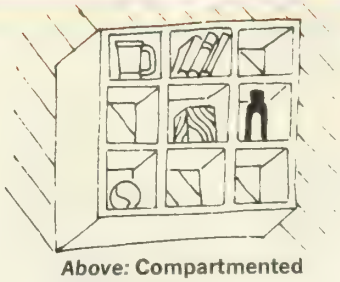


Top left: In the two-car garage, every inch of space pays its way in storage. Lightweight boats are mounted on side walls and bikes are hung on hooks in the ceiling. **Above and right:** In the entrance hall (called the ski room) each skier has an open locker with compartments for shoes and boots, coats, hats, extras.

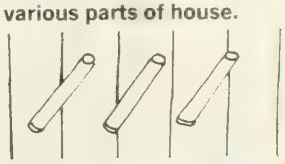
TOM YEE



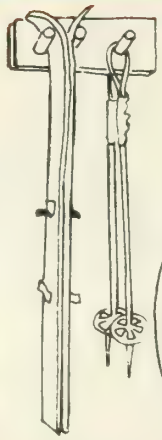
TROUT



Above: Compartmented bins are handy in various parts of house.



Above and right: Wall pegs in breezeway for coats, hats, handbags.



Above: Skis fit wall pegs.

SKETCHES: INVENTIVE STORAGE IDEAS



Above: Hooks scre to garage ceiling h bikes in easy reach



Left: The garage, neatly organized for the host of things garages accumulate, has seven ceiling-high cabinets. This storage wall holds shovels, skis, power tools, and miscellanea, with shelves above for small objects. A full enclosed workshop (behind the ladder) has more storage space.
Top, right: Pegs for hanging plants, built-in benches at house entrance.
Top, far right: Yellow and white graphic stripes brighten garage doors. A game room, too, on occasion, the garage is vinyl floored, provides extra space for parties.
Right: Front façade of the house with, just left of the garage, the breezeway entrance. This serves as an open but sheltered entry porch, and connects house and garage under cover. All the house walls are sheathed in smooth-sawn cedar boards laid diagonally and treated with a preservative and a wood stain.
Right, bottom: The master bedroom, cheerfully skylit, overlooks the glass bay living room and the river beyond. Curtains draw across on tracks for privacy. On opposite sides of the room, generous door-high wood cabinets serve as closets for Mr. and Mrs. Trout's clothing and other possessions.
Building facts, page 222



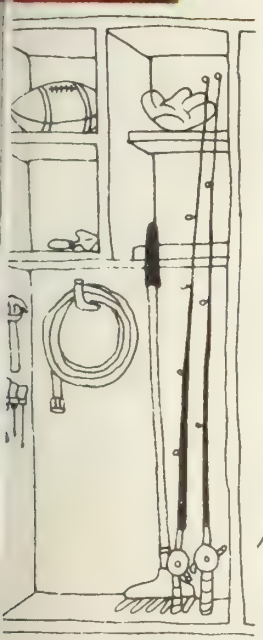




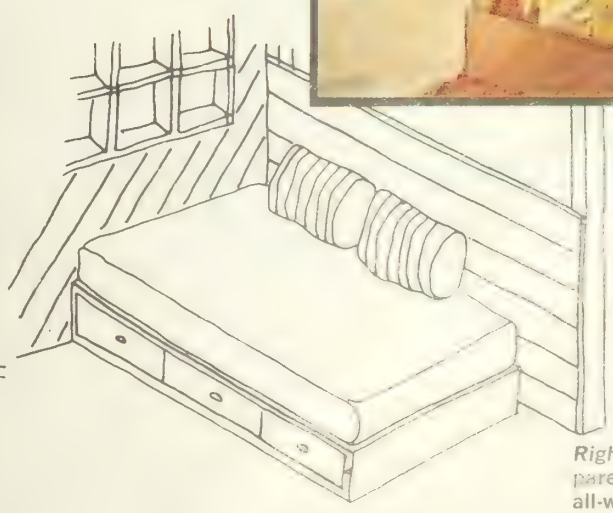








Above: **One of the compartmented lockers on the garage storage wall.**



Left and above right: **Dormitory for three boys is divided into three sleeping sections, each with bunk and storage drawer. Partition boards can be moved to rearrange space.**



Right: **Sliding door divides parents' and children's all-wood bathrooms.**

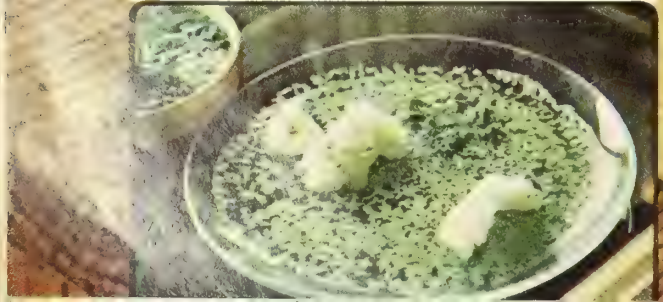


Salvinia rotundifolia—tiny water plants with leaves like rough pussycat tongues—in a clay saucer with Euphorbia fulgens blossoms; **anemones** float in a low glass circle. All water gardens by Mädderlake.

Spikes of Didiscus, *right,* in a shallow pool of salvinia and duckweed (Lemna minor). *Below:* **Water lettuce** (Pistea stratiotes) basks in a sunny spot in a glass bowl that shows its roots.



Ranunculus blossoms adrift in a shallow sea of bright green duckweed, whose miniscule leaves thrive in bright light and help keep water sparkly.



Sunny little water gardens

Put a few romantic flowers in a lot of water and suddenly they look as if they were born there

A solo gerbera, *above and below,* with water hyacinth (Eichhornia crassipes) held aloft on air filled stems in a 2 foot glass cylinder





Soft pinwheels of water lettuce in a terra-cotta saucer, **salvinia, selaginella, duck-weed** float in their own clay pool, with euphorbia flowers for last minute spice. Water gardens photographed in the Hinson [illegible] arrangement, shopping information, page [illegible]. More details, page 224.



Elegant. Sophisticated. Yummy. Vandermint.

THE MINTED CHOCOLATE LIQUEUR IMPORTED FROM HOLLAND. ABOUT $12 A BOTTLE.

Guide to finance
continued from page 35

If you have a good credit rating, have done all your spadework, and own the land on which you plan to build, and have some money on the side, you can probably get a bank to give you an unsecured short-term loan at interest only. Roughly speaking, it would lend you enough money to build your house, give you six months or a year to pay it off, and ask for only interest payments until the house was built. At the end of six months or a year, depending on the terms of the loan, you would have to get a permanent mortgage to pay off the short-term loan. That's a fairly simple procedure, since you already own the land and have a good track record in paying off debts.

What most people don't realize, however, is that they would have been far better off arranging for a permanent mortgage before trying to arrange the short-term loan. The bank writing the short-term loan will be more willing to lend you money because it will have an assurance of being paid off. What's more, getting a mortgage commitment before a house is even built is easier than you might imagine. All you have to do is present your dossier of plans, costs, and personal financial data to a savings bank, savings and loan, or some other kind of thrift institution that writes mortgages. Spell everything out for the banker and ask for a letter stating that it will indeed give you a mortgage on the house if it's built according to the specifications in your plans. Then you could use that letter to convince a commercial bank to give you a short-term loan. Since the letter from the thrift institution is like money in the bank, the commercial bank will have few qualms about lending you money.

Alternatively, you could go to a thrift institution and ask for a permanent mortgage on a construction loan basis. If you meet all the qualifications, the bank will lend you the money to build your house in stages. The first part, however, is up to you because you generally have to use your money first—either to buy the land or pay for the initial stage of construction. There are usually four stages. Generally, the first stage is when you have put up the sides and added the roof. The second stage will be completed when you

Continued on page 190

Opposite page, right: Green bean timbale, a vegetable custard specialty at the New York cooking school Cooking With Class. See recipe, page 172. **Bottom:** "Here's to cooking classes!" Janeen Sarlin teaches behind the drop-in range. Friends and students gathered round, clockwise: Mary Ann and Tom Engel, Marty and Bert Brady, Lorraine Zitone, Peter Argyros, and Rick Sarlin. Story on page 162.

WINE & FOOD

THE JOY OF COOKING SCHOOLS

SUSAN WOOD

The new way to have fun and learn A+ dishes like green bean timbale



There may still be places on earth where Grand Marnier isn't offered after dinner.

For free recipe booklet, write Carillon Importers, Ltd., 745 Fifth Avenue, New York, New York 10022. Product of France. Made with fine cognac brandy. 80 proof.

This month: Across the country, cooking schools mushroom: California, a French chef shares his secrets; in New York, teacher shows how to give a party; in Oregon, classes learn getable cookery.



The joy of cooking schools

Who's going, why they love it, and what you can expect when you sign up

By Penelope W. Linck

"This is a chicken breast, and this is a boning knife," says Karen Lee, New York Chinese-cooking teacher warming up to her subject, chicken with bean sauce and nuts. She demonstrates once for the class, then each student gets to try one. A cut down the breastbone and it comes off in two pieces—the fillet and the cutlet. Across town, Renaissance Italian cooking teacher, Giuliano Bugialli also demonstrates boning a chicken breast, but his comes off the bone in one whole piece, a European tradition. Chinese cooking, Italian, Indonesian, French, basic skills, special techniques, classes to become professional chefs—classes to fit every whim and pocketbook are springing up all over America.

Within the last ten years, cooking schools have become big business. The Washington, D.C. area supports about 68 schools, double the number of five years ago. Seven years ago, San Francisco had no more than ten or twenty cooking schools, now the city boasts more than 100. And in Minneapolis, the number of schools has about doubled also, to fifteen. Other indications of the boom: 2,000 cookbook titles in print, the prediction that 2,000,000 food processors will be sold in 1978 (about 700,000 were sold in 1977). 1976 saw the sale of 1,485,000 microwave ovens, and it is estimated that by 1984, 46 percent of American households will be using microwaves. Closer to home, a popular present is a cooking-school teacher's cookbook and a gift certificate for a series of lessons with the author.

Being part of a cooking class is as much fun as going out to dinner or a movie, maybe more, because the food is good (the movie may not be). And you know how to recreate it at home, how it should look and taste; you can try it on your friends for parties, dinners—it's an opportunity to star in your own, homemade drama.

A three-course menu (sometimes four, if the class has time) with recipes provides the structure of most classes and dictates scheduling—a duck needs 1½ hours to roast; bread takes 1 hour to rise; the dessert may have to chill. The teacher usually hands out the menu and recipes or dictates them, describes their origin and, depending on his method of teaching, on the size of the class, and a dish's intricacy, assigns one, two, or three students to work on each, or the whole class might take part in all the dishes done. You learn terrific little techniques along the way. For example, from Maurice Moore-Betty, who runs one of the best schools in New York, "We will separate the eggs while they are still cold, when it is easier, but not use them until they warm to room temperature when you get more out of them." And from Mr. Bugialli, who lightly dusts his chicken pieces by putting them in a colander, adding a bit of flour, and shaking. The excess falls through.

Demonstration classes have become a popular indoor spectator sport and keep your fingers busy taking notes. Participation classes get your fingernails dirty—with flour and butter. Demonstrations tend to be less expensive and involve a larger number of students. They can cover more ground than can be accomplished in the swirling activity of participation classes. Then you go straight home and practice!

But that's not all. If you keep a sharp eye on the cooking school scene, you can take advantage of specials—how to use your new equipment, a week of *cuisine minceur*, a course in summer foods in June, when suddenly summer finds you without new ideas, holiday baking, or wonder of wonders, a class in chocolate! Cooking-school teachers like to travel as much as anyone; if you particularly admire a teacher away from your home and can't make it to an out-of-towners' week—another special growing in popularity—write. Get a group of friends together

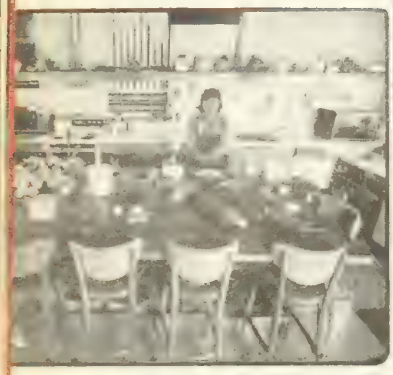
Continued on page 182





Top: Julie Dannenbaum works in her well-equipped cooking school kitchen.
Above: James Beard leads a seminar in taste—all kinds of fish, both cooked and raw.
Below: Marcella Hazan teaches her class informally. Here students sit around her dining room table taking notes.





The joy of cooking schools

Parties with a plan

Lemon chicken, green bean timbale, and other do-ahead dishes from a teacher who shows you the easy way to cook for a crowd

"Every student wants to know how to give a dinner party easily, so I teach how to organize and do things ahead," says Janeen Sarlin, who emphasizes advance preparation, storing, scheduling, and garnishing at Cooking With Class, her New York cooking school, where she entertains as well. The menu here, a favorite for her own dinner parties, is also a lesson for students. Everything can be prepared ahead: Just the timbale and oysters need to be cooked and the rice reheated while guests enjoy a first glass of wine. What is left for last-moment inspiration is the final garnishing—"I take an extra five or ten minutes to garnish a dish"—and students and guests like to watch because it's fun—spontaneous creation. "I tell my students to be creative, to look in the refrigerator to see what could be used—and not to allow a dish out of the kitchen until it is properly garnished." A garnish should be related to the ingredients, she feels—like the beans and peas that top the timbale. "I keep an apple and a sweet red pepper on hand, and a big bunch of parsley is my security blanket." Table settings are as important to Mrs. Sarlin as her presentation of food. She uses fresh fruits and vegetables —"appropriate, in the kitchen." Candleholders are carved from tiny eggplants (sometimes from lemons and cucumbers); broccoli shares a vase with the flowers; a carved melon might hold dip for crudités. Her guests sit around a central butcher-block table with an 18-inch lip, so chairs can be pulled in comfortably. One final tip to help the hostess relax—"Cut the cocktail hour short and enjoy an extra glass of wine—and your guests—as a break before dessert." Recipes, page 172. Cooking With Class, Inc., 226 East 54th St., Suite 555, New York, N.Y. 10022; 212-355-5021. Series: 6 classes, 3 hours, demonstration and participation; meal, wine, $130.



JANEEN SARLIN'S
DINNER FOR 6

Oysters Rockefeller

Cold lemon chicken
Rice with chives ● Green bean timbale
Green salad with vinaigrette
Brie, French bread, green grapes
White wine

Plum tart ● Demitasse
Sugared nuts ● Brandy

SUSAN V



Janeen Sarlin's Party Schedule

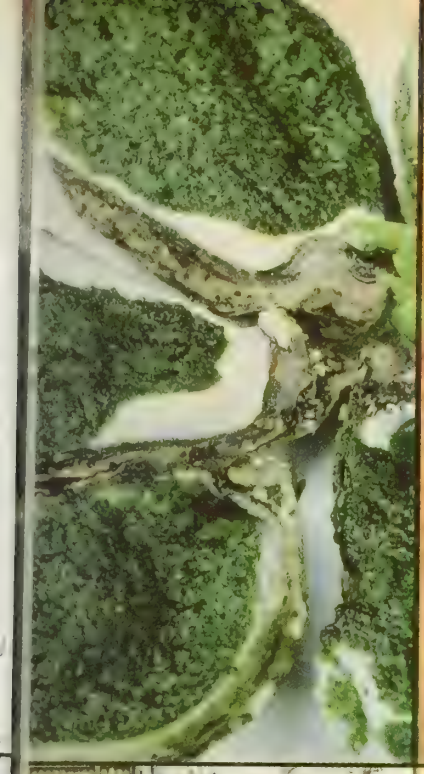
Three weeks ahead: Invite guests.

Two days before: Shop for groceries; order oysters and chicken, make sugared nuts.

One day ahead: Check wine and liquor stock, order from store what is needed; prepare chicken; wash and spin dry salad greens; order flowers.

Day of the party, 9 A.M.: Arrive at school. Make rice, set aside on stove; prepare oysters, refrigerate; make plum tart; make lemon sauce, mask chicken breasts, garnish, and refrigerate; make green bean timbale, hold until ready to bake. Set up dessert area with coffee, nuts, cups, tart, etc., about 30 minutes. Prepare salad dressing, set aside. Arrange flowers, carve candlesticks from eggplants. Take out Brie. **4 P.M.:** Taxi home, 10 minutes. Nap for 45 minutes. Shower and dress, 45 minutes. Taxi back to school, 10 minutes. **6 P.M.:** Set up ice, bar, set table, prepare dishes with salt for oysters. **6:55:** Take chicken out of refrigerator. **7:** Guests arrive. **7:35:** Put timbale and rice in oven. **7:45:** Put oysters in oven. **7:55:** Oysters under broiler. **8 P.M.:** Sit down to dinner—first course; chicken (add watercress); rice (add garnish); toss salad and serve with Brie, bread, and grapes. **9:35:** Ten minutes clean-up. **10 P.M.:** Coffee and dessert. **1 A.M.:** After guests leave, 15 minutes clean-up. For equipment in Mrs. Sarlin's kitchen, see page 222.

Top left and cente Janeen Sarlin at work on the tart crust in her schoo kitchen which she designed herself. Of the completed kitchen, Mrs. Sarlin says, "Ther isn't anything I don't like about it. **Bottom left:** Party in the cooking school. **Opposite page from left:** Oysters Rockefeller on be of rock salt; Green bean timbale; Lemon chicken garnished with olives, parsley, watercress. **Opposite page, bottom and bottom right:** For dessert, plum tart with custard topping, from an old German recip

















The joy of cooking schools

A week with Michel Guérard

For the first time in America, the great French chef shares his cooking techniques in a fabulous 5-day event

"There is no other cooking school with such style; it is like an elegant house party," says French super chef, Michel Guérard, of his first sortie into teaching nonprofessionals at The Wine Country Cooking School at The Robert Mondavi Winery in California's Napa Valley. Three-star chef for the Pot au Feu at Les Pres et les Sources de Eugénie-les-Bains, where *cuisine minceur* evolved, Guérard was invited by the school's directors, Michael James and Billy Cross, to teach a one-week course for twelve students, who each invested almost $1000 in the five days of intensive classes and Lucullan feasting interspersed with wine tastings at other wineries. "Cooking is a serious discipline," says this gifted teacher, who prefers precision to improvisation, and who stresses the importance of a work plan. Meticulously thought-out sequences of details showed students how to start dessert for the next day, for instance, while preparing that night's dinner. "Michel prepared one beautiful dish after another; he taught us a pastry chef's sense of perfection," says Gael Greene, who acted as commentator and translator. Always the first one in the kitchen, grinding almonds or cleaning turnip greens, Guérard had everything in total readiness for each class. His wife Christine contributed, as well as her aura of serenity, the tisanes, a version of the herb teas prepared at their spa, and served as apéritifs each night. Recipes, page 172.

Dessert Tips

For an easier version of the apple tart, *right,* use sweet short pastry instead of puff pastry. Try it with other fruits—pitted cherries, apricots, peaches, or pears. They can be made ahead and then frozen. (Juicy, red fruit like strawberries or raspberries, are too delicate to freeze well.) When ready to bake, place tarts frozen into hot oven for 30 minutes. For a quick fruit granita, freeze leftover peach juice and sieved frozen raspberries in shallow metal trays until slushy. Serve a dollop of each in a wineglass with a mint for garnish.





Left top and bottom: The Robert Mondavi Winery is the scene of Michel Guérard's first American cooking course. **Above:** Michel Guérard enjoying his role as teacher. **Opposite page, from top left:** Poached squab in tureens is made with a demi-glace and briefly cooked vegetables. Lobster salad for a first course makes use of a California native, avocado. Meals like this take many hands and the class is happy to assist the maestro prepare lunch. Apple tarts with crusts of puff pastry cool before the final gilding of either crème fraîche or crème chantilly and applesauce made with browned butter. Raspberries and wild strawberries from a student's garden give the final touch of brilliance. Shopping information, page 222.

MICHEL GUÉRARD'S MENU FOR LUNCH

Robert Mondavi Fumé Blanc (served during class)
Herbed tea punch with orange and apple slices (palate-clearing apéritif)
Lobster salad
Robert Mondavi Pinot Chardonnay '73
Poached squab in tureens with vegetables
Robert Mondavi Cabernet Sauvigno '70 Unfined
Warm apple tart
Robert Mondavi Muscato D'Oro '76







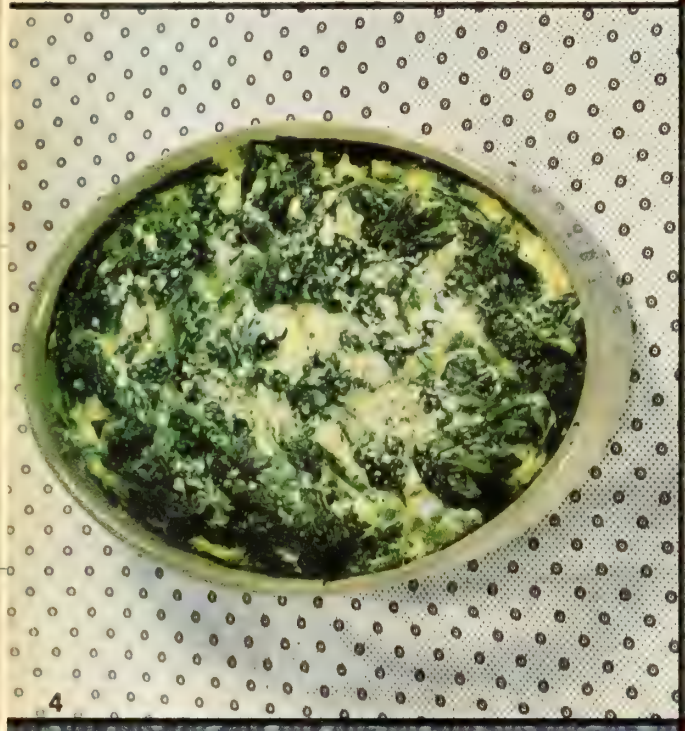






"Feel free to adjust recipes to suit your ingredients, mood, and instincts" RICHARD NELSON



















Vegetables with honors

Sweet and sour onions, carrots with marmalade, and other vegetable dishes from a teacher who gets to the roots of good cooking

RICHARD NELSON'S MENU FOR DINNER

Roast loin of pork
Spoon bread soufflé ● Baked beets
Cold pea salad with sour cream
Lemon-bay custard

MENU FOR LUNCH

Tian
Julienned fennel, lemon-oil dressing
Apple-bread pudding, sabayon sauce

Students gather around yellow Formica-topped worktables and learn to appreciate the enthusiasm of their cooking teacher, Richard Nelson, a long-time James Beard assistant, who teaches in Portland, Oregon. "The root vegetables make a great food. They have good texture, taste, and color." And he grows a garden full of parsnips, turnips, beets, carrots, and leeks, plus squash, eggplant, and rhubarb, and all the herbs he can manage, to back him up. His cooking is in the best American tradition—using local, seasonal foods with imagination and creativity instead of following strict rules. "My ideas are basic, and I am always learning—even from my students, from their questions and experiences," says Mr. Nelson, whose class menus as well as his personal menus "are heavy on the side of vegetables." Students take notes on the tips he gives while they are preparing the dishes for class: Certain foods need help: Spinach needs something acid, like lemon, tomato, or orange. For the quick pea salad, pea pods add a crunch and break up the singular look of just peas. In the cauliflower mousse, cayenne and nutmeg take the whole flavor up a notch. The eggplant pizza seems almost like a meat dish. The mozzarella and the anchovy fillets give it a solid taste that you don't expect with meatless ingredients. It makes a great snack and is a huge hit for buffets. Carrots get a lift from a squirt of lemon juice, or orange marmalade.

Left: Richard Nelson, 1. in his personal kitchen. 2. Individual cauliflower mousses and bowl of Mornay sauce. 3. Baked beets stand in a pool of sour cream. 4. Tian—leafy green vegetables with a custard topping. 5. Carrots glazed with butter and orange marmalade. 6. Green peas and pea pods with dill, sour cream, and curry. 7. Garlic-flavored spoon bread soufflé as a side dish. 8. Pizza—with an eggplant crust, mozzarella, olives, tomatoes, herbs. 9. Sweet and sour onions with currants and lemon juice.
Above: Mr. Nelson teaches his class duxelles. For details on the school, see page 182.

By Henry McNulty

The Crystal-Clear cocktail

Delicious new drinks to make with white spirits

The people who are supposed to have invented spirited white vodka are the Russians, though I know a Pole or two who might object, saying that the honor should be Polish. In any case, a Russian lady of my acquaintance, named Olga, swears that it would be impossible for any Russian to drink 40 thimblesful of vodka. "Because they inhale more than they drink," she says. "So a good Russian can easily down a bottle of vodka, almost at a gulp, but not 40 thimbles of it." Since Russians can go on toasting each other for hours, thinking up new excuses to do so with admirable inventiveness and without apparent effect, I am inclined to take that statement with a grain of salt. (Which, of course, is how you take tequila, but that comes later.)

Americans, believe it or not, managed to drink about 150 million wine gallons of white alcohols (known as white goods in the industry) in 1976. (Bourbons, blends, Scotches, and Canadians, known as brown goods, still have the edge selling 222 million wine gallons in 1976. Facts from Marvin Shanken's Impact, a liquor industry newsletter.) The white alcohol that wins the quantity prize is vodka, which sold about 90 million gallons; next comes gin, which sold about 42 million. The fastest grower, however, is rum, which sold 22 million gallons. Anises, aquavits, white fruit liqueurs, and kümmels are not considered part of the white goods category by the industry, but they, too, are gaining in popularity, especially as mixed drinks.

Vodka, in theory, is made from potatoes, but most of what we drink is made from grain neutral spirits. A keeper of the Moscow zoo, however, is known to have got into deep trouble from making an illegal batch of drinkable vodka from peanuts and other things he was supposed to be feeding the monkeys. However, the most usual way to drink good vodka is ice-cold, served preferably with caviar. But there are ways to make it (and you) last longer, by combining it with other goodies. If you mix about 12 parts of vodka with 1 of dry vermouth and 2 of strained cucumber juice, you have a *Lucky Jim,* a smooth, subtle bombshell.

The Russians and the Poles like their vodka with pizzazz. One version is made by steeping a red chili pepper in your vodka bottle for a few weeks (the longer it stays, the hotter the vodka gets). Another that the Poles especially favor, as do I, is Zubrovka, in which a stem of the herb of that name is allowed to sit for as long as the vodka lasts. You can make your own flavored vodka easily—for instance, try putting the zest of a whole lemon into the bottle for a week, giving it a shake every now and then. It will remind you of the Florida lemon groves at blossom time, when you drink it.



Pepper, herbs, lemon peel flavor vodka

A Polish idea for making a vodka liqueur is to pour a cup of vodka over half a pound of freshly ground coffee beans and allow this to stand for a week. Make a syrup with 4 cups of water and 4 pounds of sugar. Bring it to the boil and take off the flame. Add to the syrup 3 more cups of vodka and stir in the coffee. Strain and store in a bottle for 6 months.

Gin is another white spirit, the basis of a wonderful invention that appears to be American—the mixed drink, or cocktail. Certainly it is the essential ingredient for the world's most popular apéritif, the *Dry Martini,* which is getting drier all the time—like 12 parts gin to a whisper of vermouth. Winston Churchill was rumored to have measured his vermouth for a Martini by glancing at the bottle while he poured the gin, but that may be a gross exaggeration.

Dry gin, also known as London gin, is made by double distilling neutral spirits with a combination of flavorings that includes coriander, cardamom, angelica, calamus, almond, and orris roots, but mainly juniper berries, which is how it got its name; "gin," being a corruption of the Dutch way of saying juniper. Dutch gin or Genever uses malt wine as part of its flavoring, and because of that it is difficult to drink any way but straight. Plymouth gin, another variation of London gin, but without the addition of lemon zest, used to be the favorite apéritif of the British navy, mixed with a few drops of Angostura to become "Pink Gin."

An interesting variation of the Martini is to swish a few drops of Pernod around the glass before making the drink. Gin also goes well in a *Ramos Fizz,* which goes well in you. This consists of 2 parts gin, 1 part cream, the white of an egg, the juice of half a lemon and half a lime, shaken with ice until it seems fluffy. Pour into a tumbler, its edge frosted with lemon and sugar. Add orange flower water, or soda water if you like.

The qualities of Dutch gin may be inferred from some of the nicknames it has been given since about 1640, when it was invented: Lift Your Skirt, Consolation in Bitter Suffering, Naked Navel, and Venus Oil. The Germans, on the other hand, for their schnapps, another form of gin, are much more serious. They use schnapps sometimes like alcohol, for rubbing on cuts and bruises, or massaging torn muscles. Schnapps, by the way, is usually gin, but can be any spirit taken as a "quickie" before a meal. Schinkenhager and Steinhager are German schnappses much like Dutch gin. They also have a malt-flavored Doornkaat, and a delicious caraway-flavored kümmel called Bommerlunder, that boasts a 200-year-old pedigree.

Moving farther north, you begin to find more white spirits made with caraway, and in Scandinavia, **aquavit** (which is like kümmel), is the national drink. Aquavit is supposed to be better if it has made the trip to Australia by boat and back. It gets there by being used as ballast in freight ships and is known in

Continued on page 170

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Crystal-clear cocktail
continued from page 168

Nordic countries as "Linie Aquavit." Somehow the gentle (or stormy) movement of the sea, combined with the gradual shift in temperature from Arctic Circle through tropical seas to the Antipodes and back, mixes and blends the alcohol to a fabulous smoothness. Aquavit, also a schnapps—or snapps, if you are Scandinavian—is made from distilled potato mash, flavored with caraway, matured in second-hand American whiskey or Spanish sherry barrels.

There is a ritual to drinking aquavit. You take the stuff, "right lovesom, white and small" (as the British poet, Dunbar, once said of his lady-love), out of tiny glasses, gulping the mouthful down—no sipping. First, though, you look your partner at dinner right in the eye, and say "Skäl" (pronounced skoal). He or she stares right back. Then you down the drink, bring the glass up to salute your partner, exchange stares once more and put the glass down. According to Paul Fabian, a knowledgeable aquavitian (or akvavitian, in Danish) from Aalborg in Denmark, the word skäl in Viking times meant "skull," and it was from a cup made of the skull of your enemy that you drank this ceremonial toast. Presumably you did this because you were happy the skull in question was not your own.

Nonetheless an aquavit mixture that appeals to me is called a *Viking*. It consists of equal parts akvavit (to be "native" about it), Noilly Prat, and orange juice, on the rocks.

Some **rums** are as white as vodka, and these are becoming more and more useful in mixed drinks. However, as one of my favorite Trinidadian sources of rum lore, Mona Defour, points out, it is mighty good straight, too. "My father," says she, "keeps a bottle of the best, in the house. On cold rainy days, instead of drinking coffee, as you do up here (in England, but she could just as easily have meant the USA), we all have a drink of rum. Which helps to keep us warm."

As if to bear her out, here is a recipe by, and named for, *Docteur Pitat,* who was a Parisian gourmet and doctor. This is made with 2 parts of the best Martinique rum, Imperial Blanc St. James, and 1 each of Cointreau (a white liqueur, by the way) and orange juice. Shake well, drop in a cherry if you like decor with your drinks. "Nothing like it," the good Doctor claimed, "to put you on your feet." Not to mention the famous *Daiquiri*—juice of ½ lime, 1½ ounces white rum (try a Puerto Rican rum like Bacardi this time), ½ ounce simple syrup (or a scant teaspoon of sugar). Shake with ice, strain or keep it on rocks (with an extra shot of rum), and enjoy.

Remember the old song, about rum and you-know-what? Well, it was sung by Raphael DeLeon, "The Roaring Lion," a calypsoman from Trinidad who emigrated to England. He based his song on an old tale about American sailors who came to the island and found the local brew too dry. So they mixed it with cola, and so the song—*Rum and Coca Cola*. Today, that is one of the most drinkable of rum drinks.

Other pure white spirits come from central Europe. Most of them are made from **fruit distillations.** Probably the most ubiquitous of these is made out of plums, and variously called Mirabelle, Slivovitz, Quetsch, or Pflumli, depending on which part of Europe it comes from. Other fruits, like raspberries, give Framboise; strawberries give Fraises, and cherries Kirschwasser. But my favorite white fruit alcohol is made from pears in Switzerland or France, and is called Poire William, or Williamine. For a delicious dessert, try it with fresh pineapple. The marriage, to my mind, is perfect.

All round the Mediterranean coast the inhabitants seem to love the taste of **anise,** a licorice-flavored liqueur or apéritif that turns from clear white to milky white when you add water to it. In Greece they call it Ouzo; in France, Pernod or Ricard; in Spain, Anis; and in the Middle East, Raki. It is strong and heady. Makes a marvelous flavoring for otherwise boring vanilla ice cream. Other good vanilla ice cream pepperuppers are Cointreau, triple sec, and curaçao which have nothing to do with anise, but are definitely white, and have an orange-peel flavor.

Liqueurs, especially the white ones, I think, are good in solid form—that is as condiments in or over food. Fruit-based liqueurs go well with the fruit they were made from—cherries in Kirsch, or strawberries in Fraises, plums in Quetsch accentuate their qualities with perfect authenticity and lend them an admirable sense of decadence.

And now for that **tequila,** Mexico's contribution to the white alcohol world. It is made from the pineapple-shaped heart of the century plant, a sort of cactus, and you drink it like this: Lick the web between thumb and first finger and sprinkle it with salt. Pour 1½ ounces of cold tequila into a 1½-ounce glass and hold the glass with thumb and forefinger. Then place a quarter of lime between forefinger and middle finger. Quick! Lick the salt, gulp down the tequila, put out the fire with the lime. Your drinking hand can never have been so busy, and that warm glow that comes over you is likely to last. ■

An interesting variation of the dry martini—which is getting drier all the time—is to swish a few drops of Pernod around the glass before making the drink

14 great ideas for mixing

Le Mans. As sipped by spectators at the 24-hour race. Two parts Cointreau, 1 part vodka, slice of lemon, fill with soda water or tonic water. Serve in tall glass with ice.

Gin Buck. Two ounces Seagram's Extra Dry Gin in tall glass, juice of half a lime, and drop lime zest into the gin, add ice and ginger ale.

Oriental Cooler. Two ounces gin or vodka, juice of half a lime, 3 dashes Angostura, in a tall glass, fill with tonic.

Vodka Mint Collins. Two ounces vodka, juice of 1 lemon, sugar to taste, crush 4 mint leaves in the mixture, ice, soda water, a sprig of mint to decorate.

Silver Vodka Fizz. Two ounces Smirnoff vodka, juice of half a lemon, ½ teaspoon sugar, 1 egg white, cracked ice. Shake vigorously. Top up with soda water. Tall glass.

Mojito. Two ounces light rum, 5 mint leaves, ½ teaspoon sugar, 2 dashes Angostura, ice cubes. Shake, strain.

Pernorange or Tiger Tail. 4 parts orange juice, 1 part Pernod in tall glass, with ice.

Euphorie. For tropical exoticism—1 ounce white rum, 1 ounce grapefruit juice, ½ ounce each pineapple juice and curaçao. Stir with ice.

Crimean Cocktail. Three parts dry white wine, 1 part Cointreau, 1 teaspoon grated lemon zest. Cherries. Top up witth soda water.

Old Etonian. The Savoy Hotel in London has an inventive barman, Harry Viccars (Vic), who contributes this one: equal parts gin and Lillet vermouth, 2 dashes orange bitters, 2 dashes crème de Noya. Shake well, strain into cocktail glass, squeeze orange zest over top.

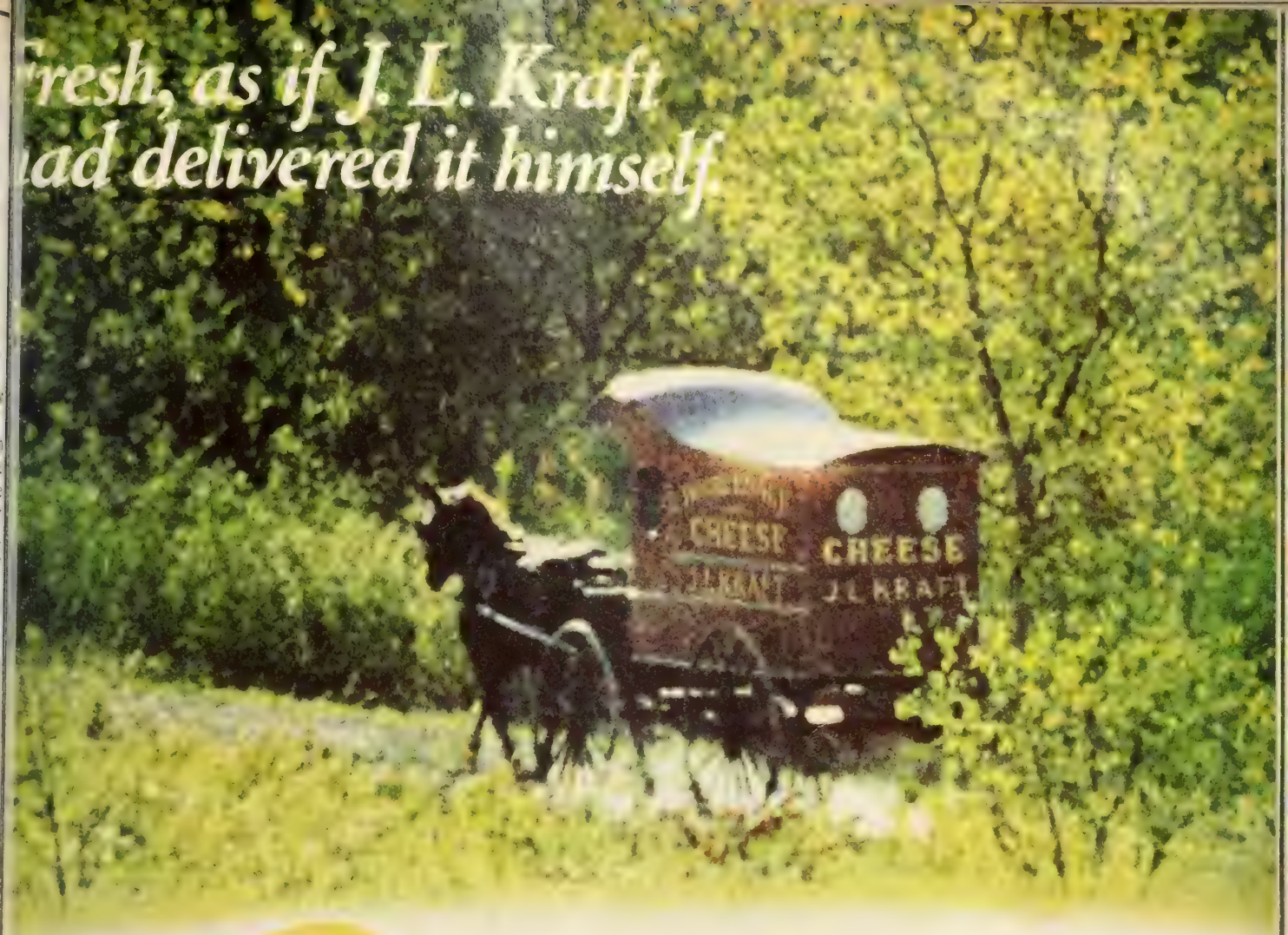
Silver Jubilee. Another Savoy invention—1 part Poire William, 1 part triple sec, 2 parts grapefruit juice; shake all, pour into a glass that has been dipped in sugar after running a lemon around its rim. Fill with cold champagne.

Côte Gauche—"Left Side" *(for opera tickets).* As made by Jean, barman of the Café de la Paix, Paris—1 part Poire William, 1 part Irish whiskey, 1 tablespoon cream, dash grenadine.

Time Bomb. A drink for a real connoisseur of dry drinks—1 part aquavit, 1 part vodka, 1 part lemon juice, twist of lemon zest.

The Rocket. One part Aalborg akvavit, 1 part Cusenier Kümmel; pour directly from freezer-cold bottles into cocktail glass.

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Parties with a plan
continued from page 162

Oysters Rockefeller

INGREDIENTS

3 dozen oysters
1 package (10 ounces) frozen spinach, drained and wrung dry
½ cup parsley, well packed
½ cup watercress, well packed
¼ cup celery, strung and coarsely chopped
½ cup scallions, coarsely chopped
1 large clove garlic, chopped
1 tablespoon lemon juice
1½ sticks butter, melted and cooled to lukewarm
⅛ teaspoon fennel seed
¼ teaspoon Tabasco sauce
Dry bread crumbs
½ cup heavy cream
½ teaspoon salt
Rock salt

METHOD

☐ Have fish market open and place oysters in their own juice in a container. Wash and arrange shells on a bed of crumpled tinfoil, place in a baking pan. The foil keeps them from tipping over. Place 1 drained oyster on each shell.

☐ Place all vegetables, lemon juice, butter, and seasonings in a food processor. Purée until absolutely smooth. Place in a bowl. Add about 6-8 tablespoons bread crumbs to purée. With a thin knife, smooth purée over each oyster masking it completely. Then sprinkle each oyster lightly with more bread crumbs. They can be covered with plastic wrap and refrigerated or frozen until they are ready to be baked.

☐ Bake in a preheated 500° oven 8-10 minutes until crumbs are lightly browned. Whip cream and salt together until stiff while oysters are baking. Spread each with about ½ teaspoon whipped cream. Run under a preheated broiler to give a crust (a brown tinge).

☐ Serve on a bed of rock salt in glass soup dishes. Serves 6.

Cold lemon chicken

INGREDIENTS

4 tablespoons butter
6 whole chicken breasts, skinned, halved, and boned
½ cup dry white vermouth
About ¾ cup lemon juice, freshly squeezed
¼-½ teaspoon salt
¼ teaspoon white pepper
1½ cups mayonnaise (½ Hellmann's and ½ homemade)
Black olives
Italian parsley
Watercress

METHOD

☐ Melt butter in a skillet and sauté chicken until golden brown. Remove to a heavy casserole with cover.

☐ Add vermouth to skillet and reduce juices to approximately ⅓ cup. Remove from heat.

☐ Add ⅓ cup lemon juice, salt, and pepper to skillet and pour over chicken in casserole.

☐ Bake covered in a preheated 350° oven for 30 minutes, or until just tender. Baste if necessary, adding more vermouth.

☐ When chicken is done, remove to a large serving platter. Reduce sauce to ½ the amount and pour over chicken. Let cool to room temperature. Then cover tightly and refrigerate overnight.

☐ Slowly add ¼ cup lemon juice to the mayonnaise in a small bowl whisking until smooth. Mask each piece of chicken completely with the lemon sauce and garnish with slices of black olives on top and Italian parsley. This can be done several hours before serving. One hour before serving, set chicken out to come to room temperature. Just before serving, place generous amounts of watercress around edge of platter. Serves 6.

Green bean timbale

INGREDIENTS

1 pound fresh green beans, washed and snapped
6-8 quarts water
1 tablespoon salt
6 tablespoons butter
6 tablespoons shallots, minced
1 cup frozen peas, cooked, and reserve a few for garnish
¾ cup heavy cream
2 eggs, lightly beaten
½ teaspoon salt
½ teaspoon pepper
16 grates fresh nutmeg

METHOD

☐ Drop beans by handfuls into a large pot of boiling, salted water. Cook until they just crunch, about 5-8 minutes. Drain and rinse with cold water. Reserve 6-8 beans for garnish. Cut remaining beans into 1-inch lengths.

☐ Melt butter in a large skillet and sauté shallots until limp. Stir in beans and peas. Cover with a buttered round of waxed paper. Cover and steam 8 minutes.

☐ Place vegetable mixture in a food processor and purée. While machine is on, add cream and eggs. Blend, until almost smooth. Taste and season with salt, pepper, and nutmeg; pour into a buttered 1½-quart mold. It can be held at this point for 1-2 hours.

☐ Set mold in a pan filled with enough boiling water to reach ⅔ of the way up the sides. Bake in a preheated 350° oven for 1 hour, or until a knife inserted into the center comes out clean. Remove from water and let stand for 5 minutes. Garnish with reserved green beans and peas. Serves 6.

Plum tart

INGREDIENTS FOR CRUST

½ cup butter
1 cup sugar
1¼ cups all-purpose flour
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon baking powder

INGREDIENTS FOR FILLING

1 pound fresh plums, firm and tart, and washed, halved, and pitted
1 egg
1 cup heavy cream

METHOD FOR CRUST

☐ Cream butter and sugar until fluffy in a food processor. Add rest of dry ingredients and cut until mixture reaches a texture resembling peas (6-7 off/on turns). Reserve ⅓ cup of the mixture.

☐ Press into 11-inch tart pan. Build up edges a little thicker than bottom.

METHOD FOR FILLING

☐ Arrange plums in a single layer over crust, skin side up. Sprinkle with the reserved ⅓ cup crust mixture and bake in a preheated 375° oven 15 minutes.

☐ While baking, beat egg slightly in a bowl and add cream. Beat well. Pour egg mixture over plums and return tart to oven for about 25 minutes or until knife inserted comes out clean. Cool, cut into wedges. Serve warm or cold. Serves 6. ■

Michel Guérard
continued from page 164

Lobster salad

"Une salade de mer royale"—a royal seafood salad

INGREDIENTS FOR MAYONNAISE SAUCE

½ teaspoon Dijon mustard
Salt, and white pepper
1 teaspoon lemon juice
1 egg yolk
3 tablespoons peanut oil
3 tablespoons olive oil
½ teaspoon tomato ketchup
½ teaspoon fresh tarragon, chopped
1 heaping tablespoon minced vegetables from the court bouillon
A few drops Armagnac (optional)

INGREDIENTS FOR SALAD

1 quart (nage) *court bouillon (recipe below)*
1 live lobster, about 1 pound—a female is nice, to have the eggs
2 tablespoons coarse salt
12 asparagus tips, well peeled
4 broccoli flowerets
½ avocado, sliced
1 artichoke bottom, cooked and thinly sliced
2 tablespoons vinaigrette made with lots of fresh tarragon, sherry vinegar and peanut oil, which give a flavor remarkably like walnut oil

Continued on page 174

Lobster salad, apple tart adapted from Michel Guérard's Cuisine Gourmande to be published in 1979 by William Morrow & Co., by permission of the publisher. Other recipes from Michel Guérard's Cuisine Minceur, English translation copyright © 1976 by William Morrow

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continued from page 172

1 teaspoon shallot, minced
4 pretty lettuce leaves, washed and dried
1 truffle, sliced paper thin
Foie gras, sliced very thin
1 tablespoon chervil sprigs

METHOD FOR SAUCE

☐ Whisk the mustard, salt, pepper, and lemon juice into the egg yolk in a small bowl. Add the 2 oils in a steady stream, whisking continually. Then stir in the ketchup, tarragon, minced vegetables, and Armagnac.

METHOD FOR SALAD

☐ Bring the court bouillon to a boil in a large stainless-steel saucepan, add the lobster and cook it for 10 minutes at a rolling boil. When it is done, lift the lobster out of the cooking liquid using a skimmer, and allow to cool.

☐ If the lobster is female, remove the clusters of eggs from under its belly and break them up into a bowl.

☐ Remove the tail from the lobster and use a pair of scissors to cut through the rings of shell on the underside. Remove the tail meat carefully in 1 piece and slice it into 8 medallions.

☐ Also remove the meat from the claws, after having cracked the shells with the help of a large knife. The remaining debris from the lobster could be saved and used for a sauce or bisque.

☐ Bring 1½ quarts water to a boil in a saucepan with the salt. Cook the asparagus, tied in 2 bundles in the boiling water 5-6 minutes, until they are just tender. Refresh the asparagus in a large bowl of ice water, and set aside to drain. Cook broccoli in the same manner.

☐ Toss the asparagus, broccoli, avocado, and artichoke bottom in the vinaigrette, then sprinkle on the minced shallot.

☐ Place the lettuce leaves on 2 plates. Arrange the avocado and artichoke bottom slices in the middle, and poke the asparagus tips and broccoli here and there among them.

☐ Arrange the slices of truffle, foie gras, and lobster around the vegetables, dress them with the mayonnaise sauce, and sprinkle on the bright lobster roe (if you have it) as well as the sprigs of chervil. Pass remaining mayonnaise in a sauceboat. Crown with the lobster claws in a standing salute. Serves 2.

Court bouillon for fish and seafood

(Nage: court bouillon pour crustaces et poissons)

INGREDIENTS

2 medium-size carrots
White part of 1 leek, well washed
8-inch piece celery
4-5 scallions, or 1 medium-size white onion
2 shallots
2 cups dry white wine
1½ quarts water
2 tablespoons coarse salt
5 thin slices lemon zest
2 whole cloves garlic, unpeeled
25 green peppercorns
Bouquet garni composed of 6 parsley stems, ½ bay leaf, a small piece fresh fennel, a sprig of thyme, and 1 clove

METHOD

☐ Wash and peel the vegetables, and cut them all into thin slices less than ⅛-inch thick. In a large saucepan over medium heat, cook the sliced vegetables, covered, for 5 minutes to make them give off their liquid. Then add the wine, water, salt, lemon zest, garlic, peppercorns, and bouquet garni.

☐ Simmer gently, covered, for 20 minutes. The vegetables should remain slightly firm; they are used in certain sauces that accompany fish and seafood dishes. Makes about 1½ quarts.

Poached squab in tureens with vegetables

(Pigeon en soupière)

INGREDIENTS

1 squab pigeon, trussed (You need a bird that weighs at least 1 pound. The recipe calls for a young pigeon; a Rock Cornish hen, which averages about 1¼ pounds, may also be used)
Chicken stock (recipe below)
4 pieces carrot, cut into olive shapes
4-inch piece celery, cut into slim julienne sticks 2 inches long
About 12 leaves from a heart of Bibb or Boston lettuce
6 young green beans, cut in half crosswise or whole young snow peas
2 tablespoons fresh young green peas
1 small cooked or canned artichoke bottom, cut into ½-inch dice
8 small fresh or canned button mushrooms
1 small fresh or canned cèpe, cut into ¼-inch dice
4 slices truffle, cut into thin julienne sticks or 2 canned morels, drained and cut into thin julienne strips
Salt, pepper to taste
1 tablespoon truffle sauce (recipe below), optional

METHOD

☐ The bird may be roasted, but it is simpler, and better *minceur* practice, to poach it. In a saucepan, bring enough chicken stock to cover the bird to a boil. Lower the heat and add the trussed bird and simmer 7 minutes for a squab or 10-12 minutes for a Rock Cornish hen.

☐ Remove bird to a cutting board and carve it on each side as follows: Cut off the breast meat all in 1 piece and slice it. Discard the wings or not, depending on the size of the bird. Then cut off the second joint and leg in 1 piece. For a lean squab or game bird, you do not have to remove the skin; remove all the skin of a Rock Cornish hen.

☐ In one saucepan, cook the vegetables in boiling salted water, putting them in in the following sequence: carrot and celery to cook 10 minutes; 5 minutes later, lettuce, green beans and peas, to cook 5 minutes; 3 minutes later, the diced artichoke bottom and snow peas if using them, to heat through in 2 minutes—10 minutes' cooking time in all. All the vegetables should still be a little crisp. Drain them in a colander. The recipe may be prepared ahead to this point. Cover bird and vegetables to keep them moist.

☐ Put ½ the cooked vegetables in equal portions, in 2 deep individual tureens, and add the button mushrooms, cèpes, and truffle or morels, all 3 of which—not having been cooked previously—will give the maximum of their flavor to the dish. Then all the slices of breast meat and a second joint and leg to each tureen, followed by the remainder of the cooked vegetables. Finally, divide the truffle sauce and ½ cup chicken stock (seasoned, if needed, with salt and pepper) between the tureens.

☐ Cover the tureens with aluminum foil and tie in place with string. Bake in a preheated 450°-475° oven 10 minutes for a small bird, 15 minutes for a Rock Cornish hen.

☐ Serve still covered with the foil so that the full aroma of the dish may be appreciated when the foil is removed at table. Serves 2. The recipe is easily doubled for 4.

Chicken stock

(Fond blanc de volaille)

INGREDIENTS

6 pounds chicken carcasses, cut up, or chicken wings and backs, or a large stewing hen
3 large carrots, scraped and sliced
½ pound fresh mushrooms, stems trimmed, rinsed, and sliced
3 shallots, peeled and minced
2 leeks, most of the green parts cut off, well washed
1 medium-size stalk celery
1 large or 2 small cloves garlic, crushed
1¼ cups dry white wine
4½ quarts cold water, or to cover ingredients well
2 medium onions, peeled and one stuck with a clove
Bouquet garni

METHOD

☐ Put chicken carcasses in a soup kettle with the carrots, mushrooms, shallots, leeks, celery, and garlic. Add the white wine and boil 15 minutes to evaporate the alcohol.

☐ Add the cold water, the onions, and the bouquet garni. Simmer the stock gently, partially covered, over low heat for about 3 hours. Skim, periodically, the scum and fat that rise to the surface.

☐ Strain the stock through a large, fine-

Continued on page 176

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Michel Guérard
continued from page 174

mesh strainer into a container. Let cool, then store, covered, in the refrigerator. When the stock has chilled, remove the last of the fat that will have hardened on the surface. Makes about 3 quarts stock.

Truffle sauce

(Sauce perigueux)

INGREDIENTS

1 cup port
½ cup Armagnac or cognac
One 1¾-2-ounce can Périgord truffles
2 cups demi-glace, well skimmed (recipe below)
Salt and pepper
3 tablespoons cold butter (optional)

METHOD

☐ Heat a small saucepan, pour the port and Armagnac into it, and boil until ¾ of the liquid has evaporated. It should be reduced to about ⅜ cup. Meanwhile, drain the truffles, reserve the juice, and mince the truffles.

☐ Add to the saucepan the truffles, truffle juice, and the demi-glace. Season to taste with salt and pepper, and simmer over low heat 15 minutes.

☐ If the sauce is to be used as is, just before serving, cut the butter into pieces and swirl them one at a time into the hot sauce by rotating the bottom of the pan over the heat. In *cuisine minceur*, the same sauce is served without the butter. Makes 2 cups sauce.

Demi-glace

Demi-glace is a thickened reduction of a light-brown veal stock, fond blond de veau

INGREDIENTS FOR STOCK

2 pounds veal knuckle and veal bones, cut into fairly small pieces (prevail on the butcher to do this for you)
2 ounces ham, trimmed of all fat
1 pound lean stewing beef (beef shank), cut in pieces
3 medium-size carrots, scraped and cut into ¼-inch dice
¼ pound fresh mushrooms, stems trimmed, rinsed, and cut into ¼-inch dice
1 medium-size onion, peeled and minced
1 shallot, peeled and minced
1 clove garlic, crushed
⅜ cup dry white wine
3 quarts cold water, or to cover well
2 tomatoes, halved and seeded
1 tablespoon tomato paste
4-inch piece celery
1 teaspoon dried chervil, or several sprigs fresh chervil or parsley
¼ teaspoon dried tarragon, or sprig fresh tarragon
Bouquet garni

INGREDIENTS FOR DEMI-GLACE

1 tablespoon potato flour or arrowroot
3 tablespoons water or white wine

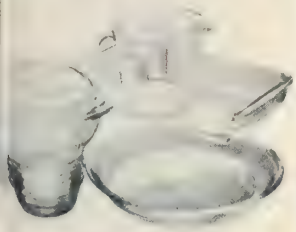
Continued on page 178

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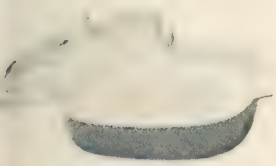
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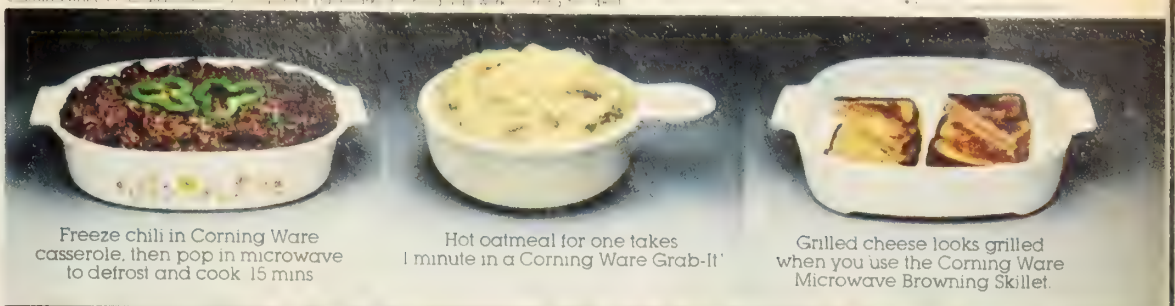
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rning Ware 10" Covered Cooker
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CORNING

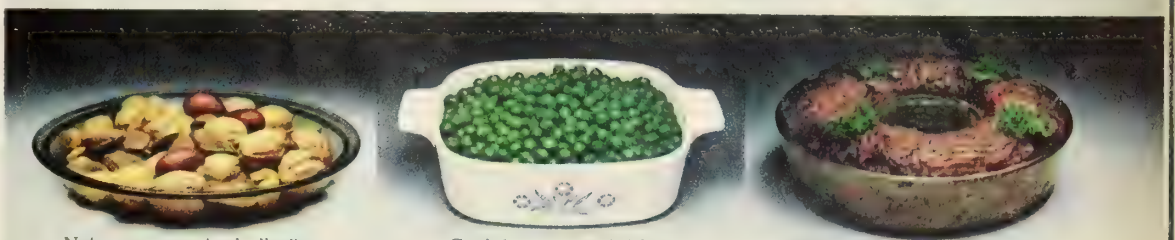
CORNING WARE PYREX



Freeze chili in Corning Ware casserole, then pop in microwave to defrost and cook 15 mins

Hot oatmeal for one takes 1 minute in a Corning Ware Grab-It'

Grilled cheese looks grilled when you use the Corning Ware Microwave Browning Skillet.



Nuts are easier to shell after a 4-minute hot bath in a Pyrex ware pie plate.

Cook frozen vegetables without water in a 1 qt. Corning Ware casserole 5 minutes.

Meat loaf in Pyrex Microwave Ring Mold takes only 11 minutes Looks great.



For juicier barbequed chicken pre-cook in microwave for 12 minutes Use a Corning Ware roaster.

Boil 3 tbsp. vinegar in cup of water for odor-free microwave oven Takes 1 minute

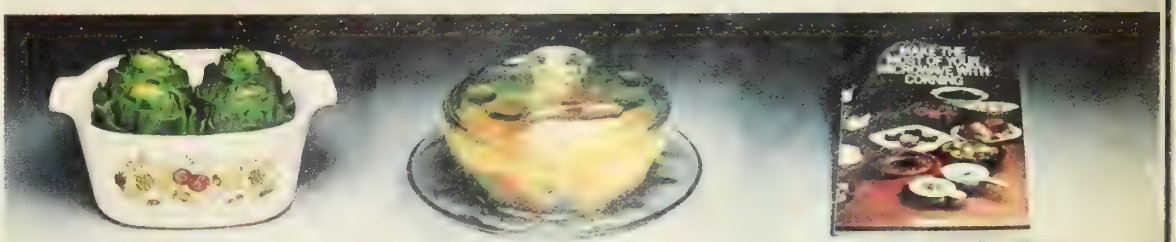
Hot, buttered corn with no mess in a Corning Ware skillet 7 minutes.



Shrimp come out crisp tender and beautiful in Pyrex ware Fireside bowl

Reheat a latecomer's dinner right on a Corelle livingware dinner plate

Cook an egg in 30 seconds in a Pyrex ware custard cup.



Artichokes from raw to cooked in 14 minutes in a Corning Ware casserole

Heat and serve soup in Pyrex ware Sculptured Ovenware

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Crisp up limp potato chips in a Pyrex w[illegible] minute

Melt cheese in Pyrex Chip 'n Dip for quick, hot hors d'oeuvres. Use Corelle livingware platter

This symbol on a Corning package means ideal for microwave

Michel Guérard
continued from page 176

METHOD FOR STOCK

☐ Brown the veal bones and knuckle in a roasting pan in a 475° oven without any fat *(à sec)* for 15 minutes. Turn the pieces over several times as they brown.

☐ Add the ham, stewing beef, carrots, mushrooms, onion, shallot, and garlic. Heat in the oven another 5 minutes, or until the vegetables wilt but have not begun to brown.

☐ Transfer everything to a soup kettle. Add the white wine, bring to a boil, and boil 15 minutes to evaporate the alcohol. Add the cold water, tomatoes, tomato paste, celery, chervil, tarragon, and bouquet garni. Simmer stock gently, partially covered, over low heat for about 3 hours. Periodically skim off the scum and fat that rise to the surface.

☐ Strain stock through a large, fine-mesh strainer into a container. Let cool, then store, covered, in the refrigerator. For a perfectly fat-free stock, merely wait until it is well chilled; the hardened fat on the surface is then easy to remove. Makes about 1 quart stock.

METHOD FOR DEMI-GLACE

☐ Dissolve the potato flour or arrowroot in the water or wine. Bring the veal stock to a boil in a large saucepan and add the flour mixture while beating constantly with a whisk to achieve a perfectly smooth blending or liaison.

☐ Simmer stock gently again until it is reduced by half, or to about 2 cups. During this simmering, more scum will rise to the surface which must be skimmed off.

☐ One can achieve the richness of a demi-glace without the arrowroot binding simply by simmering the stock longer over very low heat and skimming often.

Apple tart

(Tarte feuilletée chaude aux pommes)

INGREDIENTS

8 small apples: Golden Delicious or pippin
Juice of 1 lemon
Handful flour
1 pound prepared puff pastry or sweet short pastry
⅔ cup sugar
12 tablespoons unsalted butter, at room temperature
Crème chantilly or crème fraîche
Applesauce (recipe below)
Raspberries, wild strawberries, and mint leaves for garnish

METHOD

☐ Peel apples, cut in half and remove cores. Cut each half into quarters lengthwise. Place them in a bowl and toss with the lemon juice.

☐ Lightly flour a working surface. Divide the pastry you are using into 4 parts; form them into neat balls, then roll them out into equal rounds about 8 inches in diameter (to make very exact circles you may place a dessert plate over each piece of dough and trace around it with a knife)

☐ Invert pastry rounds and place them on a baking sheet. Using a paring knife, trace a ⅓-inch-wide border around the perimeter of each circle, allowing the knife to cut halfway through the thickness of the pastry; this will help the sides of the tart rise and form a border to hold in the juices of the apples (if you are using short pastry, you may wish to pinch up the edges to improvise a similar rim).

☐ Lay the apples in a neat spiral on the inside circle of each pastry round. Sprinkle half of the sugar over the tarts, and dot with half of the butter. Bake in a 450° oven 30 minutes; halfway through the cooking, divide the remaining sugar and butter among the tarts.

☐ The desserts are done when the pastry is a nice golden color and the edges of the apples are lightly caramelized. Serve on hot plates, either plain or with crème chantilly or crème fraîche and applesauce. Garnish with raspberries, wild strawberries, and mint leaves for color. Serves 4.

Tart applesauce with brown butter

(Compote de pommes acidulée)

INGREDIENTS

2 pounds good apples: Golden Delicious, pippin, Granny Smith, etc.
5 ounces unsalted butter
⅔ cup water
1 cup sugar
1 vanilla bean, split in half along its length
Juice of 2 lemons

METHOD

☐ Peel and core the apples, and cut them into small pieces. Melt 1 ounce of the butter in a 3-quart heavy-bottomed saucepan and add the apples, water, sugar, and vanilla bean. Cook over medium-low heat for about ½ hour, stirring from time to time with a wooden spatula.

☐ When the apples are tender, remove the vanilla bean and purée the mixture—either in a food processor or through the fine disk of a food mill (the applesauce should be very smooth). Stir in the lemon juice.

☐ Melt the remaining butter over medium-high heat in a small saucepan or skillet and cook 2-3 minutes to a *beurre noisette* (brown butter); it is ready when it is a light caramel color and has a nutty fragrance.

☐ Stir butter into the applesauce and it is ready. Serve cold, for contrast, with the warm apple tart; or, as a summer dessert, it is nice served warm just by itself. Serves 4-6. ■

Vegetables with honors
continued from page 167

Sweet and sour onions

INGREDIENTS

2 pounds pearl onions
3 cloves garlic, slightly crushed
4 tablespoons peanut or olive oil
5 tablespoons currants
2 tablespoons sugar
Juice of 2 lemons

METHOD

☐ Peel the onions and cut a shallow cross in the stem end of each one. Sauté the onions with the garlic and oil in a heavy skillet, browning the onions slightly and evenly.

☐ Add the currants and sprinkle on the sugar and lemon juice, stirring to dissolve the sugar. Cover, and cook over low heat, but stir frequently to prevent the sugar from scorching.

☐ When the sauce has turned a dark caramel color and the onions are tender, discard the garlic and remove from heat. Put the onions in a serving dish and spoon the sauce over. Serve at room temperature. Serves 12. Assembly, 25 minutes; cooking, 40 minutes.

Cold, dilled pea salad

INGREDIENTS

2 10-ounce packages frozen petit peas or 2 cups fresh peas
1 10-ounce package frozen pea pods or 1 cup fresh snow peas
½ cup sour cream
Fresh dill, chopped, or chives, or a combination of both
½-1 teaspoon curry powder (optional)
Salt and freshly ground pepper to taste
Boston lettuce

METHOD

☐ Defrost the peas, if frozen ones are used. Combine sour cream, ½ cup dill or chives, curry powder, and salt and pepper in a small bowl and mix thoroughly. Combine with the peas, mixing together lightly so as not to break or mash the peas. Serve in a glass bowl, garnished with more dill and/or chives. Chill 10-15 minutes in the refrigerator, if desired. Serve on leaves of Boston lettuce. Serves 12. Assembly, 10-15 minutes.

Carrots in orange marmalade

INGREDIENTS

6 cups carrots, sliced thinly on the diagonal
2 tablespoons butter
¼ cup chicken stock
½ teaspoon salt
½ teaspoon freshly ground pepper
1 cup orange marmalade
Dash Grand Marnier (optional)

METHOD

☐ Put the carrots, butter, and stock in a heavy saucepan. Cook, covered, over high heat, for 3 minutes. Add the remaining ingredients and cook, uncovered, over low heat until the carrots are tender and the sauce has become a thick glaze. Stir often as the sauce thickens. Serves 8. Assembly, 10 minutes; cooking, 20 minutes.

Continued on page 181



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Boggs Cranberry Liqueur. Tart but sweet. New but familiar. Very much like America itself. Surprising.





Crystal by Baccarat

etables with honors
inued from page 178

oon bread soufflé

REDIENTS

ps milk
up white cornmeal
ound butter, cut in pieces
nces Kraft garlic-flavored cheese, you can use a mild Cheddar heese, shredded, and 1 clove garlic, rushed
gs, separated
aspoon baking powder
aspoon salt
aspoon sugar

THOD

Combine the milk and cornmeal in a cepan. Cook and stir over medium until mixture attains the consistency thick cream sauce. Take care not to it. Remove from heat and add the er, stirring so it melts. Add the garlic ese and stir until smooth. Cool.

Beat the egg yolks well in a bowl and to the cornmeal mixture with the bak- powder, salt, and sugar. Mix well. Beat egg whites in a large bowl to stiff ks and fold them in.

Bake in a well-buttered 2-quart soufflé in a preheated 350° oven 45-50 min- s, until the top is puffed and golden. ves 6. Assembly, 25 minutes; cooking, 50 minutes.

an

ovençal vegetable casserole)

GREDIENTS

unches fresh spinach
unch fresh chard
ounds zucchini
unches scallions, very finely chopped
up olive oil
t, freshly ground black pepper
easpoon dried basil
cup fresh parsley, chopped
arlic cloves, minced
ht sprinkling nutmeg, freshly grated
ce of 1 lemon
up raw rice
ggs
cup Parmesan cheese, grated

THOD

Blanch the spinach leaves and stems boiling salted water. Blanch the chard ves and stems. Drain well and chop leaves coarsely. Cut the stems into ort lengths. Cut zucchini into ½-inch ces and dice. Squeeze out water.

Sauté scallions and zucchini briefly in tablespoons olive oil in a large skillet. d spinach, chard, salt, pepper, basil, rsley, garlic, nutmeg, lemon juice.

Cook the rice. Drain and mix with the getables. Arrange in a deep gratin dish d place in a preheated 350° oven for minutes. Remove, and pour remaining olive oil evenly over the top. Beat the eggs in a large bowl, add the cheese, and pour this mixture over the Tian. Continue baking until the eggs are set, about 35 minutes. Serves 8. Assembly, 30 minutes; cooking, 55 minutes.

Cauliflower mousse with Mornay sauce

INGREDIENTS

2 medium heads cauliflower
1 tablespoon salt
⅛ teaspoon cayenne pepper
¼ teaspoon nutmeg, freshly grated
1 cup medium béchamel (2 tablespoons butter, 2 tablespoons flour, 1 cup milk)
6 eggs
Butter
Bread crumbs
Parsley, chopped
Mornay sauce (recipe below)

METHOD

☐ Cut the cauliflower heads in large pieces and cover with salted water. Bring to a boil and cook only until tender; drain well. Put cauliflower through the finest disk of a food mill, or through a food processor, using the metal knife. Put the purée in a large bowl and add the cayenne, nutmeg, and béchamel. Beat the eggs slightly in a bowl and fold into the cauliflower mixture. Taste for seasoning.

☐ Butter 10 individual ramekins and dust with bread crumbs; divide mousse between ramekins. Place in a pan of hot water, bake in preheated 350° oven 45-50 minutes, until mixture begins to pull away from edges of the dishes. Do not overcook. Garnish with parsley and serve with Mornay sauce. Serves 10. Assembly 25 minutes; cooking, 45-50 minutes.

Mornay sauce

INGREDIENTS

1½ cups milk
½ cup onion, chopped
1 small bay leaf
½ teaspoon salt
¼ teaspoon white pepper
⅛ teaspoon nutmeg, grated
3 tablespoons butter
3 tablespoons flour
½ cup Parmesan or Swiss cheese, grated

METHOD

☐ Combine milk with onion, bay leaf, seasonings in a saucepan; simmer uncovered 15 minutes. Strain; reserve milk.

☐ Melt the butter in another saucepan, stir in the flour to make a roux and continue stirring over high heat at least 2 minutes. Remove from heat and add the seasoned milk. Beat vigorously with a wire whisk until smooth

☐ Return to heat. Add the cheese, beating thoroughly until mixed. If the Parmesan is used, the sauce may have a grainy texture. Makes about 1½ cups sauce. Assembly 10 minutes; cooking, 20 minutes.

Continued on next page

Who Needs Them?



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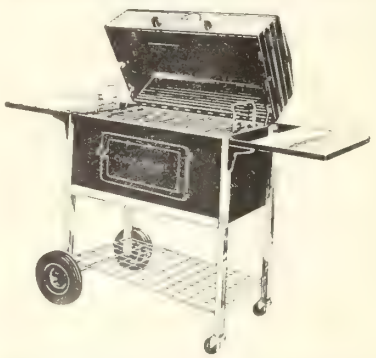
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COLUMBUS, GEORGIA 31904



Vegetables with honors
continued from preceding page

Pizza with eggplant crust

INGREDIENTS

6 slices unpeeled eggplant, ¾-inch thick
Salt
3 tablespoons flour
4 tablespoons olive oil
Freshly ground pepper
6 thick tomato slices, matched in size to the eggplant slices
12 flat anchovy fillets
12 olives, pitted and halved
1 tablespoon fresh oregano or basil, chopped
2 tablespoons Parmesan cheese, grated
6 thin slices mozzarella cheese
Chopped basil
Sliced olives

METHOD

☐ Generously salt the eggplant slices. Cover with a weighted dish and let stand thirty minutes. Press out the bitter juices and drain. Wipe slices dry thoroughly, dredge with flour, and fry in a large skillet in the olive oil until golden brown on both sides. Season generously with pepper, but very sparingly with salt.

☐ Arrange the eggplant slices in a single layer in an oiled baking dish. Cover each slice with a tomato slice. Decorate with 2 criss-crossed anchovy fillets and 4 olive halves apiece. Sprinkle each pizza with oregano or basil, pepper, Parmesan cheese, cover with a slice of mozzarella.

☐ Bake in a preheated 325° oven 10-15 minutes, or until the cheese has melted. Garnish with more sliced black olives and a sprinkling of chopped fresh basil. Serves 6. Preparation of eggplant, 45 minutes; assembly, 20 minutes; cooking, 10-15 minutes.

Baked beets

INGREDIENTS

2 pounds fresh, raw beets
Sour cream
Carrot, dill sprigs

METHOD

☐ Leave ½ inch of the stem on the beets as well as the tails. Place them in a lidded casserole and bake 1 hour in a 450° oven.

☐ When tender, cut off stems and slip beets out of their skins. Leave most of the tail on and set them, stem-side down, on a bed of sour cream in a serving dish. Garnish with peeled, shredded carrot and dill. Serve hot or cold. Serves 6. Assembly, 5 minutes; cooking, 1 hour. ■

Joy of cooking schools
continued from page 161

and maybe the teacher will come to you. Junior Leagues are particularly adept at this maneuver. You can travel, too: to a near-by city, to take advantage of professional schools; to Paris, for one or more weeks of intensive cooking classes at the venerable le Cordon Bleu or at Anne Willan's new La Varenne; to Italy, to cook with Marcella Hazan in Bologna or with Giuliano Bugialli in Florence, or with Julie Dannenbaum and the chefs of the Gritti Palace Hotel in Venice.

It may comfort some students to remember that cooking can be exercise. Sustained whisking of hollandaise builds stamina; kneading the fabulous bread you learned (and you learned how to make it crusty—terra-cotta tiles in the oven) shapes your upper arms and chest; the mad shoveling of stir-frying gets the whole body in motion.

Saving the best for last, the results of the joint venture are tasted at the end of class and enjoyed with an "appropriate beverage," usually, wine. If the teacher is serious about wine, the meal may also become a wine tasting. Conversations range from restaurants, the food just made, the wine, special dishes done at home that succeeded and failed, diets that did or didn't, the food, dinner parties, other cooking classes, the food. The teacher acts as a moderator, and often as a host or hostess as class becomes a party, and his advice is sought on where to purchase ingredients, and pans, and what restaurants to try. Classes break up slowly, no one wanting to be the first to leave. A common refrain heard in down elevators: "Now that I've been bitten by the bug, I'm going to take more classes!" Many students so enjoy a teacher and the experience of class that they sign up, not just again, but again and again. Lydie Pinoy Marshall of A La Bonne Cocotte in New York, who James Beard calls one of the best teachers in the country, has begun to encourage some of her long-time students not to sign up again to make room for new students (the waiting list for her classes is now about four years!). And some students are brave enough to invite their teacher home for dinner when a real friendship develops. An intrepid student confesses to ten courses including three desserts and chocolate truffles when Lydie Marshall came to dinner. "You cook a lot when you're anxious."

Conviviality is part of what makes classes so addictive. As James Beard puts it, "Participation classes, where everyone gets his hands and feet in and must add something to make the class and meal a success" are particularly conducive to the warmth and friendliness that so often develop. Ruth Spears, one of Richard Nelson's students (see his class on page 166) says "I look forward to each class as if I'd never done it before. Cooking is an art form and allows us to express ourselves as well as give other people pleasure. It is something you can share with everyone." Another student is in class "to learn the right way to do basic things like holding a knife; I was intimidated by complicated recipes." More and more men are turning to cooking schools as a pressure release from work and they can look forward to a good meal at the end of class. Learning to cook also saves single men from forever eating out or facing hamburgers in; it can also help them watch their weight with imagination instead of cottage cheese. And for a new twist, one businessman-turned-cook that we know, before his Saturday night dinner parties, invites a pretty girl up for some cooking in the afternoon. The lucky girl gets his private instruction—in soufflés.

Of the hundreds and hundreds of cooking schools across America, we have compiled a list of a few to start you on your way. James Beard offers a piece of advice: "Students should experiment at home to find out what kind of cooking appeals the most, then find a class that stresses it." Check local newspapers for more complete listings in your area.

A LIST OF COOKING SCHOOLS

D-demonstration
P-participation

ARKANSAS

L'Ecole de Cuisine
10807 Crestdale Lane, Little Rock, Ark. 72212. 501-224-0542
Sally Flanner teaches classes that stress procedures and plan-ahead parties on

Continued on page 184

Uncle Ben's

The goodness of nature sealed inside.



The goodness nature gives long grain rice is on the outside and most rice you buy has that goodness stripped away. But Uncle Ben's found a way no one else found to seal that goodness inside every grain. Beautiful, separate and naturally delicious, every time. And there's only one Uncle Ben's® Converted® Brand Rice.



Apricot Glazed Ribs with Almond Raisin Rice

Combine raisins with UNCLE BEN'S® CONVERTED® Brand Rice and prepare according to package directions. At end of cooking time, stir in slivered almonds. Serve with spareribs baked until tender and glazed with sieved apricot preserves.

Cooking schools
continued from page 182

Tuesday mornings to 6-8 students. Series of 3 or 5 classes. $33 or $55. Evening classes. P.

CALIFORNIA

Judy Jennison
140 N. Hamilton Dr., Beverly Hills, Calif. 90211. 213-659-8572
Six-week course in French cooking, meets once per week, morning or evening. 15 students per class. D.

Thelma Pressman—Microwave Cooking Center
17728 Marcello Place, Encino, Calif. 91316. 213-987-1701
All aspects of microwave cooking in 4 lessons for $50. 25 students. D.

Marlene Sorosky
4036 Contera Rd., Encino, Calif. 91436. 213-783-7005
Five classes—4 dinners, 1 brunch $75. 22 students meet every other week. D.

Jean Brady—The Pottery Barn
4729 Alla Rd., Marina del Rey, Calif. 90291.
Eight different series, 7 lessons each, in French, Greek, Moroccan, Italian, American food. Morning classes are $80, 20 students. Evening classes are $90, 18 students, small meal served. P.

Gourmet West Cooking School and Seminars
P.O. Box 692, Pacific Palisades, Calif. 90272. 213-454-8535
Diana and Paul von Welanetz teach international cooking. One- or 2-week series meet once per week, $25 each class. Four-day seminars of 6 classes meet in San Francisco, Hawaii, etc., for $125-$150. P.

Diane Rossen Worthington at "A Matter of Taste"
514 North La Cienega, Los Angeles, Calif. 90048. 213-652-2313
International cuisine in 5-day courses for $225. April 10-14, Jacques Pépin, $45 per class. April 24-28, Giuliano Bugialli, $35 per class. P.

The Inner Gourmet
691 La Loma Rd. Pasadena, Calif. 91105. 213-441-2075
Peggy Rahn and Sue Kranwinkle teach Greek, French, German, Mexican, Italian series, 4 classes for $65 with luncheon. P.

Emalee Chapman
405 Davis Court, San Francisco, Calif. 94111. 415-397-8088
Northern Italian and French cooking in 6 lesson series for $150 or $25 per lesson, 5 students per class. All-day workshops of 12 people, $50. In Beverly Hills, $40 per lesson; in Dallas and Houston, $50 per lesson. P.

Cecelia Chiang
Mandarin Restaurant, Ghiradelli Square, San Francisco, Calif. 94109. 415-673-8812
Chef Tony prepares northern Chinese/Mandarin cuisine, Miss Chiang lectures and hosts a 10-course luncheon once per week. You make up a group of 12, $25 per lesson.

Judith Ets-Hokin
1802 Bush St., San Francisco, Calif. 94115. 415-922-4603
Wide variety of series from $30 for 2 lessons to $125 for 9, 8-15 students. "Travelers' Package" $95 for a week; also children's classes and mail-order courses. D.

Maybelle Iribe
1913 Grant Ave., San Francisco, Calif. 94133. 415-421-4164
Country French cooking in single classes or series, $25 per lesson. Classes in morning with luncheon, or dinner classes by special arrangement. D., P.

Michael James' Cooks
The Wine Country Cooking Course at the Robert Mondavi Winery
1496 Dolores, San Francisco, Calif. 94110. 415-648-0909
In the fall of 1978, Jean Troisgros and Michel Guérard each teach a 5-day course which you can attend for 2 or 3 days only, if you prefer. From about $495 to about $1,500. 12 students. P. This summer: Gaston Lenôtre, Roger Vergé. Private lessons available with Michael James.

Loni Kuhn
91 Commonwealth Ave., San Francisco, Calif. 94118. 415-752-5265
Four lessons per course in Italian, Near Eastern, Mexican cooking, more. Most run $100. 8-12 students meet once per week for class and a meal. D., P.

Jack Lirio
747 Monterey Blvd., San Francisco, Calif. 94112. 415-587-8908
Series courses on special subjects, especially pastry, meet every other week. Four lessons for $65, up to 25 students.

Marcella Lau
Sherman Oaks, Calif. 91403. 213-789-9283
Cooking from all regions of China taught to 7 students. $80 for 4 classes. P.

Marian Cunningham
1147 Northgate Rd., Walnut Creek, Calif. 94598. 415-934-3332
Six-class series cover special subjects. The style is "Family Cooking." Lessons are $25 each or $150 for all 6. Lunch is served to 12 students. D.

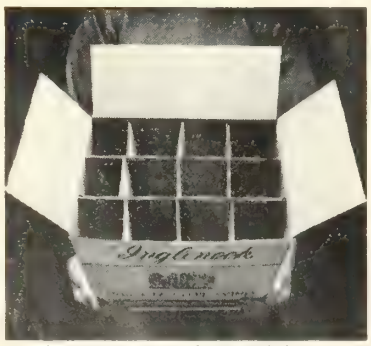
CONNECTICUT

The Silo Cooking School
The Silo, Upland Rd., New Milford, Conn., 06776. 203-355-0300 (call after May 1). Ann Rowan, director.
Spring/Summer series: classes for the Country Hostess; international cuisine; baking workshops. $55-$65 for 3-class series, $20 for workshops, 12 to 15 students. Tastings and recipes. D., P.

Cook's Corners
11 Sherwood Sq., Westport, Conn. 06880. 203-227-9554; 115 Mason St., Greenwich, Conn. 06830. 203-869-2653
Malvina Kinard, Nancy Mott, staff of 4. April-June, a variety of courses in international cooking, food processors, juniors' classes for $15 per class or $65

Continued on page 186.

ALL GOOD THINGS MUST COME TO AN END.



An empty case of Inglenook Estate Bottled Charbono, 1973.

SOMETIMES ALL TOO SOON. Imagine. Making a wine as good as Inglenook Estate Bottled Charbono. And not making enough to go around.

But that's just the way many truly great wines are created—in carefully made limited bottlings. Limited, in the case of Charbono, by the small quantity of grapes grown. Which makes Charbono one of the rare wines of the world.

That's why you may have to look a little harder than usual to find our full-flavored ruby red Charbono. Sure, it may not be good business for a winery to run out of a wine. But we refuse to lower our wine making standards in order to meet public demand.

So once again, we've created too little of a great tasting wine. But at Inglenook, we would rather apologize for the lack of quantity, than for the lack of quality.



INGLENOOK

When you toast from the heart, remember, our heart is in it too.

Inglenook Vineyards, Rutherford, Napa Valley, California

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as the latest word
1 cooking con-
enience. Almost 50
ears of progress
ater, that's one
ning that hasn't
hanged.



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And Magic Chef has all of it.



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Our new pilotless ignition saves 30% of cooking energy.

When people started cooking with gas, Magic Chef was there. And we're still cooking. With a full line of energy efficient gas ranges, that gives you the features you want in a beautiful package.





Magic Chef has the right microwave combination.

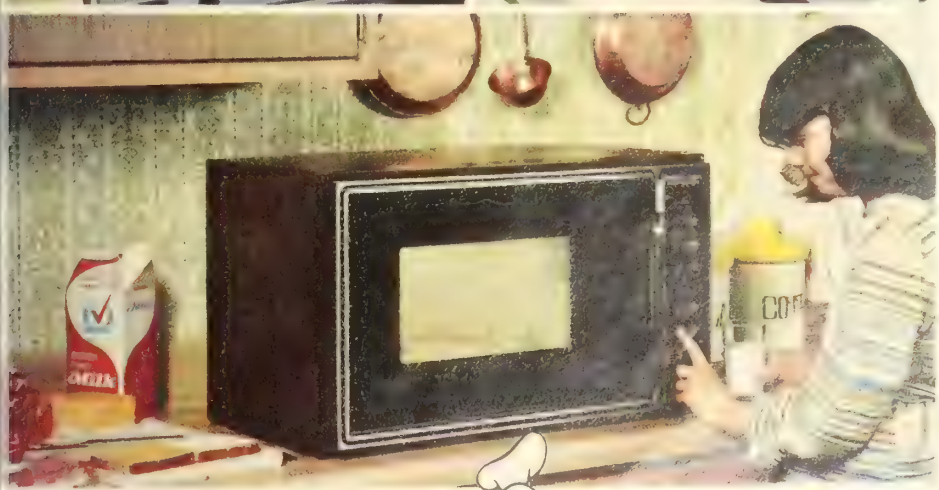
Our double oven ranges combine conventional gas or electric ovens with the speed and convenience of a microwave oven.

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—Jack and Barbara Nicklaus





Magic Chef.

The difference will surprise you.

Cooking schools
continued from page 184

for series of 5-6, 15-20 students. D. Baking and pastry, 8-10 students; $40 for two 3-hour classes. P.

The Culinary Arts
Gateway Shopping Center, Wilton, Conn. 06897. 203-762-7575
Cecile Rivel and others teach international cooking and special subjects to 24 students in 3-class series for $55. Three-hour classes end with meal. Spring sessions March-June, summer classes. D., P.

FLORIDA

Kettles Culinary Supplies
1074 S. Florida Ave., Lakeland, Fla. 33803. 813-688-0130
A new school, which offers all kinds of one-time classes—20 to 25 per month. 12 students attend, pay $5.50 to $7.50 per session. Monthly newsletter. D., P.

Bobbi and Carole's Cooking School
8507 S.W. 136th St., Miami, Fla. 33156. 305-232-0343
A wide variety of 6-class series, including microwave and low-calorie cooking, $75 per series, and one-time sessions for $15 for 15 students. Next series begins April 24. No classes in summer. D., P.

GEORGIA

Ursula's Cooking School and Catering
1764 Cheshire Bridge Rd., N.E., Atlanta, Ga. 30324. 404-876-7463
Ursula Knaeusel has not repeated a recipe in 5 years of teaching international cooking. Six week classes of 24 students meet once per week or twice per week for 3 weeks in June. $49 for the series. D.

ILLINOIS

Jane Salzfass Freiman Cooking Classes
837 West Oakdale Ave., Chicago, Ill. 60657. 312-549-7526
Fresh foods in season make up a 3-course menu in each of 4 classes per series. The international cooking series, with 6 to 10 students, are $125 and include meal and discussion afterwards. P.

Abby Cooks & Cooks & Cooks
P.O. Box 118, Glencoe, Ill. 60022. 312-835-1134
Three-lesson courses begin April in Chicago (34 students) and Winnetka (40 students), $55 and $50. Every recipe Abby Mandel teaches uses the food processor. D.

LOUISIANA

Lee Barnes Cooking School & Gourmet Shop
7808 Maple St., New Orleans, La. 70118. 504-866-0246
Some series, some one-time courses, all kinds of cooking, including Creole. The 3-hour classes are about $15 each, take 12 students. Guest chefs; visitors to New Orleans welcome. P.

MAINE

Suzanne Taylor
Meadow Rue, East Blue Hill, Me. 04629. 207-374-9948
European cooking in Aug., Sept., Oct., in 6-lesson courses that are held once a week. A class with 3-course meal and wine, $20. P.

MARYLAND

Le Fourneau
101 Annapolis St., Annapolis, Md. 21401. 301-268-5999
Phoebe Bender's school offers basic and advanced French cooking, 6 lessons each, $50 per series, for 12-16 students. Other international series, $40 for 4 lessons; one-time courses on breads, etc., $10 each. D., P.

Culinary Arts—A School of Fine Cooking
5701 Newbury St., Baltimore, Md. 21209. 301-542-6100
Bonnie Rapoport and Anne Barry run classes for 24 students; "clinic" classes last one day, series are four classes; both types cover a wide range of cooking, cost about $15 per lesson, topics change regularly. Guest chefs visit—John Clancy on pastry in April. D.

L'Académie de Cuisine
5021 Wilson Lane, Bethesda, Md. 20014. 301-986-9490
Busy every day but Sunday, this school, run by Donald Miller and François Dionot, offers classic French cooking, professional techniques; Chinese and Italian with guest chefs; Saturday "mini sessions" on coffee, clams, pizza, more; Saturday evening "Great Dinner Lessons," for you and 13-17 friends, $35 per person. The series, for 25 people, run $150 to $200 for 8 lessons. D.

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New Woodland Pyrex ware from Corning.

Creative Cooking
7205 Helmsdale Rd., Bethesda, Md. 20034. 301-229-6741
Sandra Bresnick teaches continental cuisine to 6-8 children aged 9-14; a series of 6 classes with dinner is $50. P. Adults learn international cuisine in 6 classes of 4 students. $65. New series in May. D.
The Junior Chef's Kitchen
3607 Barberry Ct., Pikesville, Md. 21208. 301-486-2814
Four classes on Saturdays, for 9-to-14 year olds, cover basic meal preparation with international or seasonal menus in Mrs. Ann Pumpian's kitchen. $35. P.
Les Deux Gourmettes
2015 Skyline Road, Ruxton, Md. 21204. 301-828-6586
Pamela Meier, Germaine Sharrettes stress French cooking and touch on Northern Italian and Moroccan. Series of 6 classes, one per week, 20 students, day, tasting of what was made, $50. D. Series of 6, one per week, 6 students, day, lunch with wine, $110. P. Evening class first Tuesday of every month, 6-10 students, dinner and wine, $20. P. They will be teaching a fish class at The Walters Art Gallery Cooking School in April in Baltimore. New series begins mid-April, full schedule in September.

MASSACHUSETTS
La Cuisine Cooking Classes
92 Charles St., Boston, Mass. 02114. 617-227-7340
Terence Janericco teaches gourmet cooking, baking, international cuisine to 10 students in 6 lessons for $95, with a meal. (Baking is $80). Also one-time classes for $20, and one-week courses in cuisine minceur (April 10) and summer foods (June 5), plus an out-of-towner series. P.
Modern Gourmet
454 Ward St., Newton Centre, Mass. 02159. 617-969-1320
Madeleine Kamman will teach you to be a professional chef in a Sept.-June program followed by training in her restaurant, Chez la Mère Madeleine. A diploma is awarded at the end of the $2,100 course. Licensed by the Mass. Dept. of Education. P.

MICHIGAN
Complete Cuisine, Ltd.
322 S. Main St., Ann Arbor, Mich. 48104. 313-662-0046
Many and varied offerings at Sandi Cooper's school, on the order of free lunchtime classes, Saturday classes on seasonal foods, workshops for 15 students, from $7 to $17.50 with a meal, and 4-lesson series on international cooking and techniques for $45. Guest teachers, method oriented. D., P.

MISSOURI
James Edwards' Kitchen in the Kitchenry Cookware Shop
323 E. 55th St., Kansas City, Mo. 64113. 816-523-1212
Ann Lombardi directs an ongoing series of instruction, 2 or 3 sessions per course in a variety of areas—Chinese cooking, pastry, omelettes, etc. About $10 per class, with 14 students, different chefs and experts instruct. D.

NEW JERSEY
Bunny Dell's International Party Classes
1195 The Strand, Teaneck, N.J. 07666. 201-836-7024
Fall and spring series, 6 classes, each Wednesday. 8 students, 10:30-2:30 including full meal and appropriate beverages. $20 per class. P.

NEW YORK
Libby Hillman's Cooking School
17 Lawrence St., New Hyde Park, N.Y. 11040. 516-437-6155
Miss Hillman tailors her 5-lesson series to students' needs and desires; concentrates on classic techniques. One meeting per week, series $100. Private lessons by appointment.
A La Bonne Cocotte
23 Eighth Ave., New York, N.Y. 10014. 212-675-7736
Lydie Pinoy Marshall teaches French cooking, $40 per session or $120 for four, in the morning or evening, with a meal. 8-10 students in a class. P.
Annemarie's Cooking School
164 Lexington Ave., New York, N.Y. 10016. 212-685-5685
On four consecutive Saturdays at Miss Huste's school a 5- to 6-course menu is prepared before 50 to 60 people—$60 for the series. 8 to 10 out-of-town students may try a course lasting 1 week—covers restaurants, markets, etc. for

Continued on next page

each other.

Now you can have the most popular dinnerware in America in the most stylish new pattern. Woodland. It's Corelle livingware in white with earth-brown tracery. It has the translucence and ring of china, yet it can take all the abuse of everyday use. Corelle livingware is made to go in microwave, too. And it coordinates perfectly with the Woodland Pyrex ware on the opposite page. By design. CORNING



New Woodland Corelle livingware from Corning.



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a total cost of $400. D.

James A. Beard Cooking School
167 W. 12th St., New York, N.Y. 10011. 212-675-4984
Mr. Beard teaches 4-hour classes on 5 consecutive days. In June, July 1978, he will teach in Seaside, Ore. Write to New York for details of all classes. P.

Giuliano Bugialli Cooking Classes
New York, N.Y. 212-472-0760
Mr. Bugialli teaches bread, pasta, other basics to classes of 6 to 8 students in series of five lessons. The course is $175 D. In July, week-long classes in Florence $625 includes classes, field trips, accommodations. Write Mrs. Bernard Berman 2830 Gordon Street, Allentown, Pa 18104. 215-435-2451. P.

Madame Chu's Chinese Cooking Classes
370 Riverside Dr., New York, N.Y. 10025. 212-663-2182
Grace Zia Chu teaches "basic" classes—5 meals at home, 2 in restaurants, for $175—and "banquet" classes—5 meals $130 for either lunch or dinner. Five or 6 students start classes in October. P.

John Clancy's Kitchen Workshop
324 W. 19th St., New York, N.Y. 10011 212-243-0958
Starting early May, this chef will teach 3-hour lessons in all aspects of baking to classes of 10 people. $150. P.

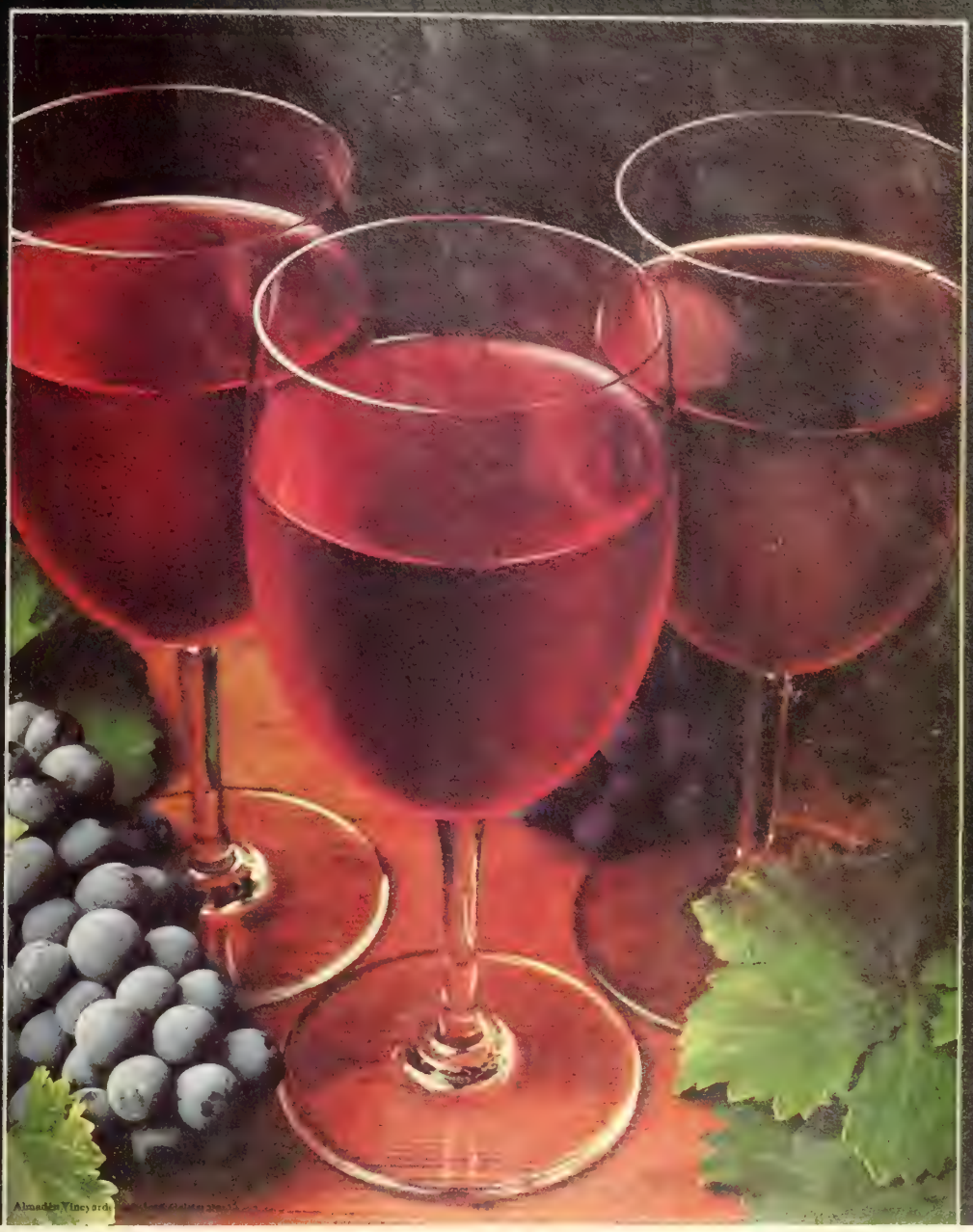
Marcella Hazan's School of Italian Cooking
155 E. 76th St., New York, N.Y. 10021. 212-861-2825
Five-lesson series with 6 students concentrates on North Italian cuisine, but covers all Italian cooking, including pasta and wines. $300. P. May through mid-July classes in Bologna. $1,000 per week includes accommodations, classes and field trips. Write New York for information.

Karen Lee Chinese Cooking Classes and Catering
142 West End Ave., Apt. 30 L, New York, N.Y. 10023. 212-787-2227
Karen Lee teaches beginning and intermediate, "advanced 1," dim sum and "advanced 2, 3" classes, and students have lunch or dinner with each. Classes are $25 each—basic begins April 4, and again in May. Out-of-towners can attend a week of classes May 15th for $125. P.

The Marique School of French Cooking
170 E. 83rd. St., New York, N.Y. 10028 212-879-4229
Isabelle Marique emphasizes natural foods and low-calorie, low-cholesterol ingredients and offers a $25 1-hour introductory lesson followed by 6 3-hour lessons for $150—8 students. P.

The Moore-Betty School of Fine Cooking
The Carriage House, 162 E. 92nd St., New York, N.Y. 10028. 212-860-4922
Maurice Moore-Betty teaches international cuisine in a series of 6 lessons to

Continued on page 190



If a rosé is just a rosé, why does Almadén make three?

All rosé drinkers are not alike. Some like rosé with a hint of sweetness. Some like it dry. And others like it in between. So to satisfy all three, Almadén makes a rosé for each.

If you're one who prefers rosé with a hint of sweetness, may we suggest Almadén Mountain Nectar Vin Rosé on the left. Fresh, light and exciting. With a rich satisfying taste—like that of fresh, ripe fruit.

If you prefer a drier rosé, you'll enjoy Almadén Grenache Rosé in the middle. A fresh, fragrant wine made from the Grenache grape. The same classic grape used in the famed Tavel rosés of France. It makes our rosé bright—with an abundance of flavor and character.

And if you like a rosé that's in-between—try our new Almadén Gamay Rosé. Made from the Gamay grape—similar to the grape used in the Beaujolais wines of France—it's a distinctively different rosé. Fresh and complex—more full-bodied than our other rosés. Unlike any you've ever enjoyed.

Whichever you prefer, serve it well chilled—with your favorite food or by itself. Either way, you'll enjoy the taste of a truly fine wine. Because at Almadén, we care for our grapes as if they were our children. And you'll taste this tradition of quality in every bottle of Almadén wine.

To learn more about wine, send a postcard for a free copy of "The grapes and wines of Almadén" to: Almadén, P. O. Box 24249 HG, San Jose, CA 95154.

ALMADÉN

CALIFORNIA ROSÉ

Cooking schools
continued from page 188

8 students. There are morning and evening sessions in the professional kitchen, both with a meal. New sessions begin in April, $250. P.

Michele Urvater
200 W. 86th St., Apt. 16 K, New York, N.Y. 10024. 212-595-0768
This teacher emphasizes French cuisine in her comprehensive skills class, which is 10 lessons, plus 2 optional baking classes. Each class focuses on one food group and its properties, ends with dinner. The series is $250, $300 with optional classes. P.

NORTH CAROLINA

Judith Olney, Cookery
1500 Forest Hills Plaza, Durham, N.C. 27707. 919-489-1018
Judith Olney and guest teachers instruct 12 students per class in haute cuisine, continental food, philosophy of food. Series are 4 or 5 classes, with a meal, $100. There are also 1-day classes, and "party food" begins mid-April. P.

OREGON

Richard Nelson
1151 S. W. King Ave., Portland, Ore. 97025
Mr. Nelson, who adapts recipes for "American cooking," holds a 5-day course in the mornings, with lunch, for $175. Also periodic series of 4 classes, one per week, in the evenings, $150. P.

PENNSYLVANIA

Julie Dannenbaum's Creative Cooking, Inc.
2044 Rittenhouse Sq., Philadelphia, Pa. 19103. 215-546-0442
Julie Dannenbaum, a staff of four, and guest teachers run series of 3 to 5 lessons in basic and international cuisine, summer food, "Fast Menus Using All Fresh Ingredients," and more. They range about $125 to $200; a 1-week crash course for out-of-town students is $350. D., P. Mrs. Dannenbaum is the director of the Ciga Cooking Classes held June 26-August 26 at the Gritti Palace Hotel in Venice. Write to her for information or to Ciga Hotels, 745 Fifth Avenue, New York, N.Y. 10022. 212-935-9540.

TEXAS

La Bonne Cuisine
604 W. 12th St., Austin, Tex. 78701. 512-474-2724
Ann Clark teaches here and at Bon Appétit Cookware. Basic Skills I and II are 3-lesson series, $50 a course. Other one-time courses: French salads, poached fish and sauces, French ice cream. D.

Irene Wong
Bon Appétit Cookware, 26 Doors Shopping Center, 1206 W. 38th St., Austin, Tex. 78705. 512-451-1882
This teacher offers all varieties of Chinese cooking—five two-hour classes, in the morning, $50. P.

Verlyn Campbell and Cindy Brungart/ Verlyn Campbell Cooking School at Good Things
2520½ West Creek, Houston, Tex. 77027. 713-625-8360
Mother/daughter team teaches basic techniques of a wide variety of international cuisine. They offer courses for people who work, and 4 to 5 lessons run from $45 to $80. D.

Jacques Duhr at La Cuisine
1114 Barkdull, Houston, Tex. 77006. 713-521-9900
A 7-lesson course in French cooking for men that touches all bases. $105. P.

Mary Nell Reck at La Cuisine
1114 Barkdull, Houston, Tex. 77006. 713-521-9900
French cooking for 12 students per class and special courses with guest chefs. Also natural foods cooking, Mexican cooking, nouvelle cuisine, children's classes. About $95 for a basic 6-week course. P.

Edmond Foulard/Foulard's
10001 Westheimer Rd., Houston, Tex. 77027. 713-789-1661
30 students watch this chef prepare a full French meal in each class and then sample it. Six morning classes, $120.

VERMONT

Libby Hillman's Cooking School
The Ironstone, Route 100, Mt. Snow, Vt. 05356.
In her 9th season in Vermont, Libby Hillman teaches "cooking weeks" (July 10-14, 17-21, 24-28) to 20 students per week, from 8-5. Cuisine ranges as far as Thai; tuition, $105. Write her in New Hyde Park, N.Y. (see above). P.

WASHINGTON

The Yankee Kitchen Cooking School
10108 Main St., Bellevue, Wash. 98004. 206-455-0614
Nancy Varriale teaches bread, Italian, equipment classes, and more at this shop/school and arranges market, restaurant tours, trips to cooking schools in Europe. 12-15 students meet once per week for 6 weeks, for $60. D., P.

WEST VIRGINIA

Julie Dannenbaum of Creative Cooking in Philadelphia runs classes in the winter: *The Greenbrier, White Sulphur Springs, W. Va. 24986. 304-536-1110*
Write for information and details: Samantha Brown.

WISCONSIN

The Postilion School of Culinary Arts
615 Old Pioneer Rd., Fond du Lac, Wisc. 54935. 414-922-4170.
If you are in town, you can attend Madame Liane Kuony's classes once a week for 10 weeks; if out of town, there is a $500 2-week course. Also 1-day seminars in canning; preserving; butchering; classic ice creams, mousses and bombes for $50. Madame Kuony likes to speak to all prospective students before scheduling. Another school is to open April 3 in Milwaukee. P. ■

Health, sex, psychology
continued from page 68

Q How important is touching to a person's well-being?

A Dr. Harold I. Lief, Professor of Psychiatry at the University of Pennsylvania found that touch is even more important than food to the rhesus monkey in infancy. The babies cling to their mothers or even a substitute mother (a dummy covered with cloth or fur) in preference to taking milk from a bottle. If separated from bodily contact, they grow up with serious impairment of their sexual and social behavior. As adults they tend to bite and scratch instead of touching and holding and act in a generally asocial, antagonist and psychopathic manner. Holding or being held and touching skin to skin is vital to the development of a sense of security and comfort. Now, many obstetricians start this at birth by placing the new born infant immediately after delivery on the abdomen of the mother, skin to skin. Many psychologists, among them Dr. Jean François Sancier of Quebec, urge breastfeeding for the best psychosocial development of the child. Such close contact results in a more active, outgoing and assertive child and a happier, more secure one. What's interesting, too, is that breast milk has four times less sodium than cow's milk. Dr. Jean Mayer believes that excessive sodium early in life lays the basis for hypertension later. Touching from birth is a recognized psychological constituent of a healthy, happy, well-integrated personality. ■

Guide to finance
continued from page 158

have put in the rough plumbing (the basic pipes), rough wiring, and basic heating and insulation. The third stage is marked by the completion of sheet rock walls, the installation of appliances. At the final stage, when the house is completed, the bank will give you the final installment. It is also when you start paying off the mortgage. Up until this point the bank will ask only for interest payments on the money actually given to you.

Simply acting as your own contractor can save you as much as 20 percent of the cost of building a house, according to some real-estate professionals. And actually building it yourself can save a bundle more, since labor generally tends to represent between 30 and 40 percent of a house's cost.

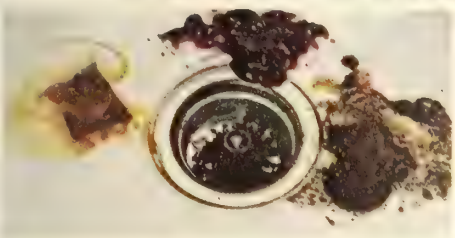
What's more, having do-it-yourself skills can mean the difference between getting a mortgage or not. It's generally easier to get a mortgage for an inner-city house you want to renovate, if you can convince the bank that you have most of the skills needed to complete renovation of property that's in need of extensive and hence costly repairs. ■

All prices approximate.

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The power of things
continued from page 141

acquisitive instinct? Or is it a mild, but incurable affliction that must be treated gingerly—like weak ankles, or a case of color blindness?

Not long ago, while reading, I think I found the answer: The words that struck me so were Lesley Blanch's:

". . . From an early age I collected *things*—objects rather than *objets d'art*, and took them about with me, even on the shortest journeys . . . From childhood I was always conscious of this unity with what are described as inanimate objects. To me, this adjective has never applied. No brassbound Arab coffer or sagging armchair but it cries aloud to me of its past."*

That's why my *things* had inevitably crept back in: It is impossible, given those early romantic affections, to ignore them. Mine must be the route dotted with objects, peopled with antiques. And my motto: Give me my books, my baskets, and my bibelots. ■

**Lesley Blanch*, Journey Into the Mind's Eye

How to make your wash turn yellow.





On purpose...with RIT® Dye.

One of the simplest ways to dye light-colored fabrics in sunshine bright colors like yellow or orange is to use RIT Dye right in your washing machine. Be sure that the fabric you want to dye is washable, and that you remove any spots it may have first. Then, follow these RIT tips to get luscious fresh colors:

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2. Use two boxes of powder dye or one bottle of liquid dye for each two pounds of fabric. (Double the amount of dye for dark colors.)
3. For richer colors, reset your washing machine cycle so that the dyebath agitates for a total of 25-30 minutes.

You'll find dyeing in your washer safe. And RIT directions will give you all the simple clean-up instructions you'll need to keep your washer clean and safe for other clothes.



For a free booklet or answers to questions on dyeing, write RIT, Dept. Y, 1437 West Morris St., Indianapolis, Indiana 46206.

RIT. You're going to love the results!

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Captiva
continued from page 82

catch of the day, clams Casino, rice w mussels, seafood salad, smoked salmo along with almost everything from mel with ham to beef au jus—with all y can eat for $10.95.

ONE-DAY EXCURSION:
Hire a car to drive to the larger near island of Sanibel to buy supplies Bailey's. Lunch at Duncan's, 2075 Pe winkle Way, then visit the vast J. "Ding" Darling National Wildl Refuge. On the way back, shell-gaze a shop at Elsie Malone's where the she are in glass cases and of first-rate spe men quality.

ON CAPTIVA:
Try stone crabs at Timmy's Nook Munson Drive. Visit the Green Flash Palm Avenue where there are boxes a boxes of shells from which to pick reasonable, casual, comfortable shell c lecting without rising with the tide. Af a storm, this small shop is closed. Tha when the owner *finds* the shells.

THE SHELL GAME:
Shelling on Captiva is done on the W beaches rather than on the bay s where there are live shells. And there over 50 varieties. You soon find yours developing the Captiva Curve—he bowed, eyes down, searching the sh for a Sailor's Ear, a Scotch Bonnet Turkey Wing. Then you picnic under Australian pine and like children spre your new-found treasures on fat grape leaves. Remember to wear ten shoes or bathing slippers on the beach while shelling in low water. And if you very serious, bring along a canvas st for sitting and sifting shells. To brigh the colors of shells rub on a few drops baby oil or clear shoe polish. Once hor glue your shells as border trim on pla of glass, 8 by 10 inches, as picture fra for friends, party place cards, or sim hang them all over your tree next Chr mas.

WEATHER:
The rainy season is June through ea August. Average temperature y round: 68-70 degrees. August and S tember in the 80's.

HOW TO GET TO CAPTIVA:
There are 9 non-stop flights a day fr Atlanta to Fort Myers, plus direct flig from Chicago, Miami, New York, Louis, Washington, D.C., Jacksonvi Tampa, and Sarasota. Eastern, Nation and Florida Airlines service Fort My Captiva is about a 40-minute drive fr Fort Myers by taxi. You can rent a c but once at the plantation you won't n it. South Seas provides limousine serv classy but expensive for just two.

For further information, write So Seas Plantation, P.O. Box 194, Capt Island, Fla. 33924. ■

How Candice Walker got Slender and stayed Slender.

Candice Walker's thick, auburn hair falls softly to her shoulders. Her eyes are sky blue. She has the cheekbones of a model. She has the figure of a model—almost. Yet Candice once weighed 220 pounds and rarely went outside her house.

Today, Candice, who's 5′7″ tall, weighs 137 pounds. Her waist measures 26″, not 39″; her hips are



37″, not 48″. Instead of a matronly 40″ bustline, she's a trim 34B.

Candice did it with Slender® diet food and sensible portions of solid foods. It took 14 months. But Candice is a realist. She'd spent half her life putting it on.

"I tried lots of diets before Slender but I couldn't stay on them. I tried pills but they made me climb the walls. I screamed at everybody I was so nervous.

"You see my downfall was that I loved things like ice cream and milk shakes...so when I finally found Slender it was like a thick, creamy shake to me. I prefer Slender powder because you can shake it up. I put in the milk and a couple of ice cubes and shake it until it becomes thick and foamy. Then I sip it with a straw. I varied my Slender diet with solid foods. Sometimes I'd have nothing but Slender for 3 or 4 days. Then I'd start off with a light breakfast, Slender for lunch, and a salad and lean meat for dinner. After a week or so, I'd go back to Slender again for 3 or 4 meals a day. Yet I never think of Slender as a diet; it's more of a newfound way of eating—for my newfound life. My friends see me in the store and say—'Gee, you've REALLY lost the weight,' and they look in my shopping cart and say, 'I see you buy Slender.' I say, 'Yes, it's my favorite pal. I have it in the kitchen at all times. I put it in my purse, I take it to work with me.'





"Today I wear a size 11 or even a 9 in some clothes," says Candice, "and I used to take a size 34½. I look great in my clothes and I know it. When I'm walking down the street, men look at me. I'll admit it—it makes me feel great! I feel like a woman again!

"I'm not rich. I'm not famous. But I want to make some kind of mark in this world that says I've been here. I could be an entertainer, a country rock singer, even a face model. If I can lose 83 pounds I can do *anything!*"

Candice knows the hardest part is keeping it off. "Oh sure, every now and then I consume large quantities of sweets for 2 or 3 days. Then I get out my Slender and say, ok, pal, let's get together and take off those two or three pounds. That's the trick...never gain more than 5 pounds back or you're done. And I've only varied from 135 to



137 in three years. So I'm proud of myself for keeping it off.

"Slender's worked for me, and I say *anybody* can do it."

Candice Walker is a real Slender success story. And it all started the day she decided to pick up Slender at her market—and stayed with it. You can do the same, too, with instant Slender, Slender liquid or new Slender Diet Meal Bars. They are so delicious, it doesn't seem like dieting at all. Just get Slender and get started.

Ask your doctor before starting any program of weight reduction
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Do you know where I can buy discontinued silver patterns? I recently inherited some silver and wonder if I might add to the set. I do not know the name of my pattern.

Jean's Silversmith's Inc. carries hundreds of old and discontinued Sterling Patterns. Just send a snap shot, tissue rubbing, or Xerox©, with a description of any identifying marks. Jean's can identify any pattern from any of the above.

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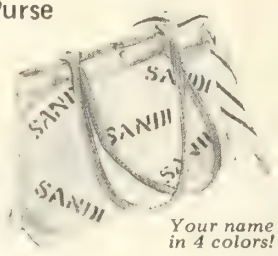
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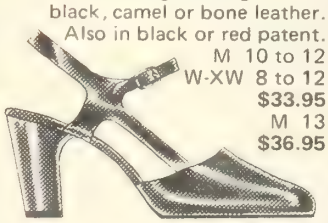
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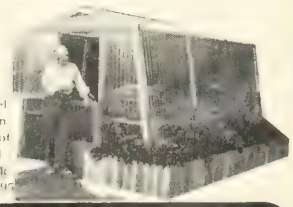
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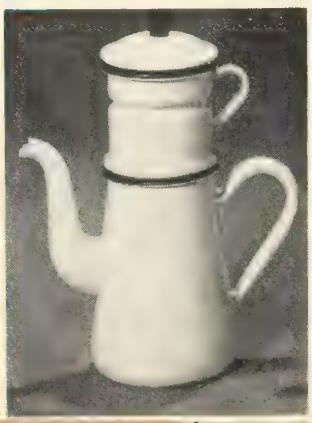
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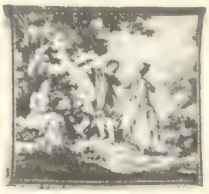


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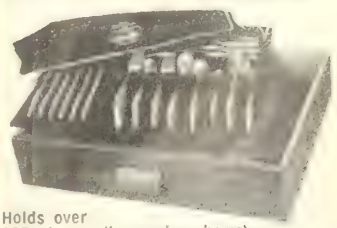
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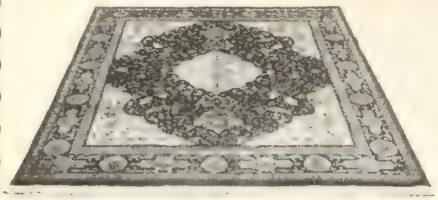


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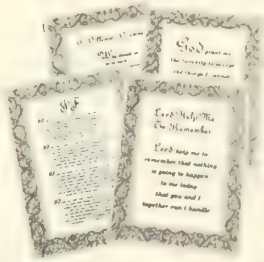


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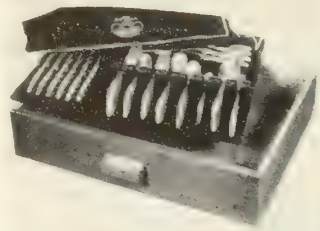
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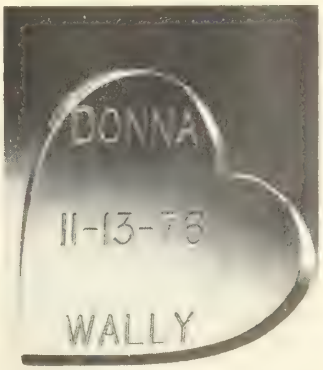
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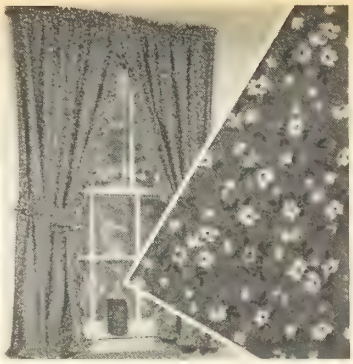


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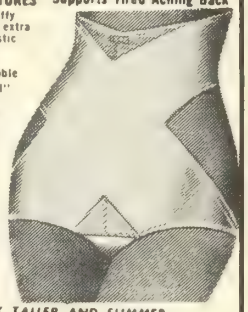
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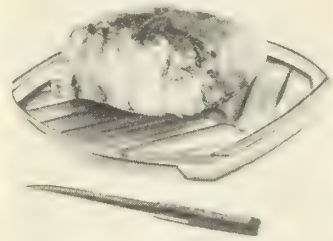
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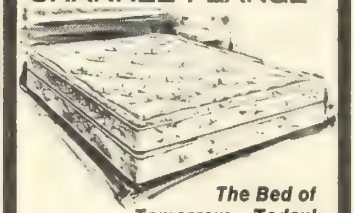
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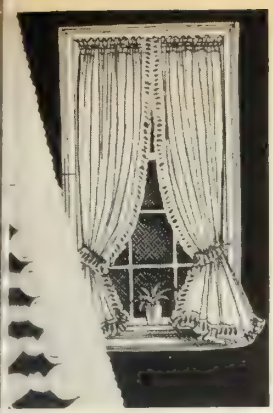
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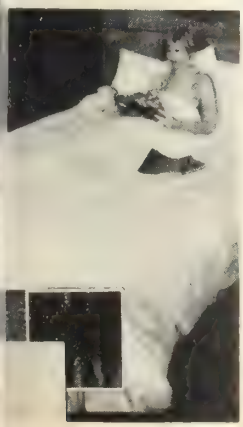
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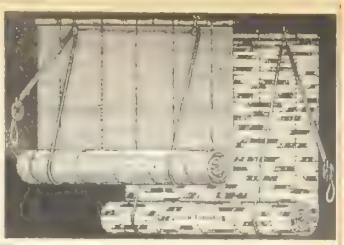
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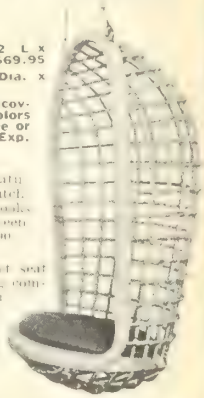
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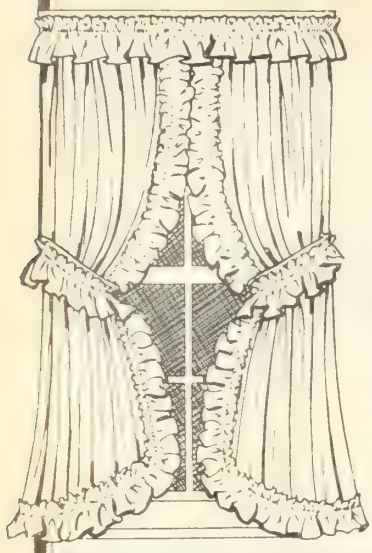
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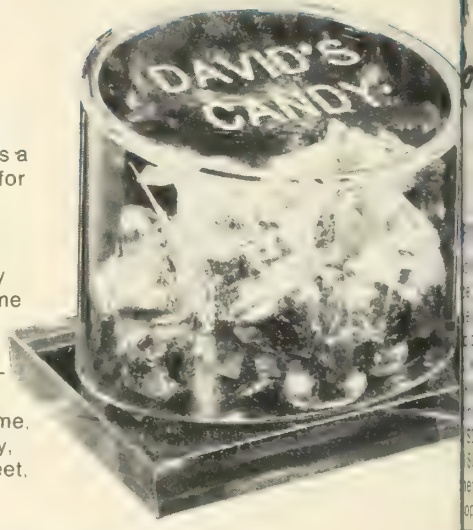
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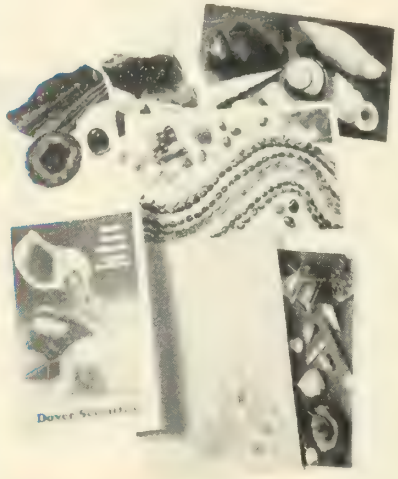
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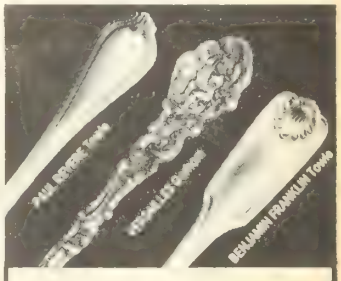
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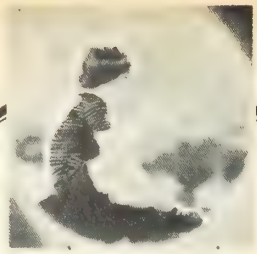
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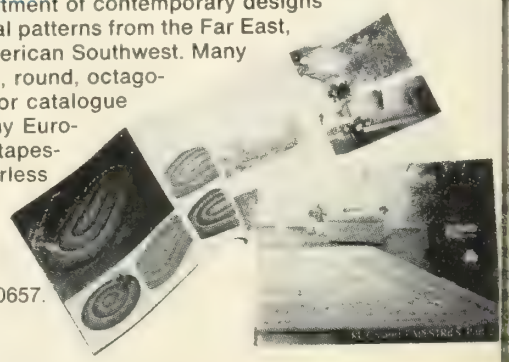


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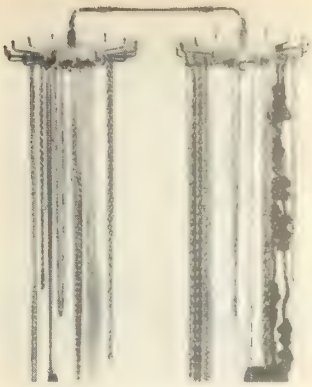
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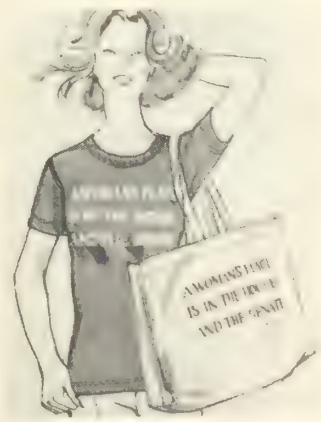
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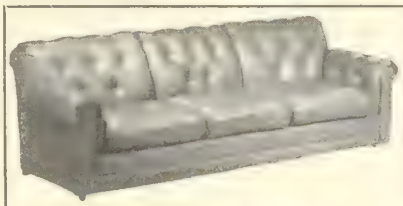
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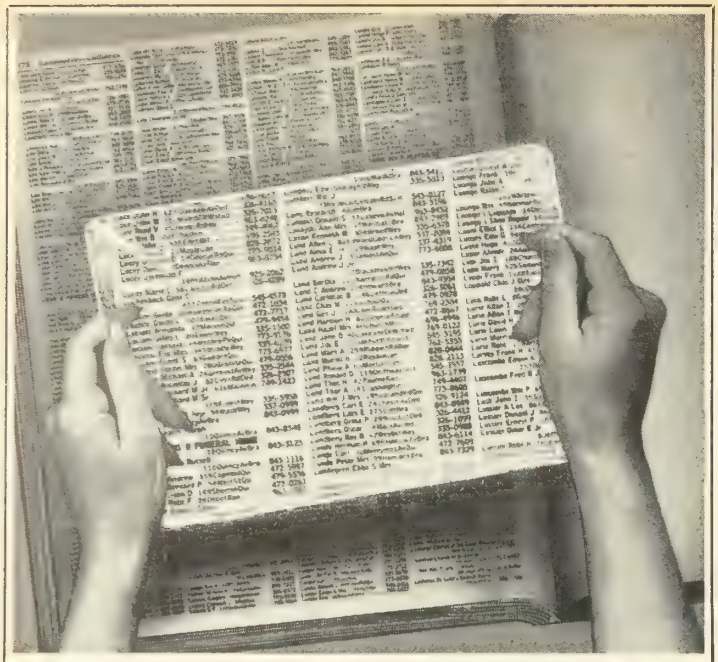
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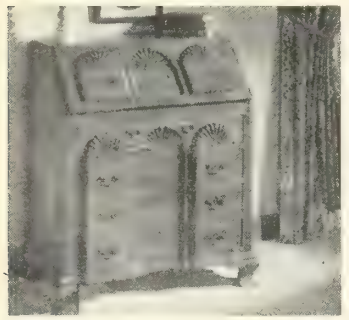
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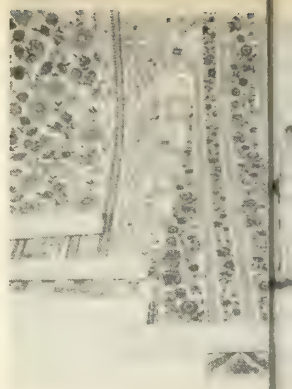
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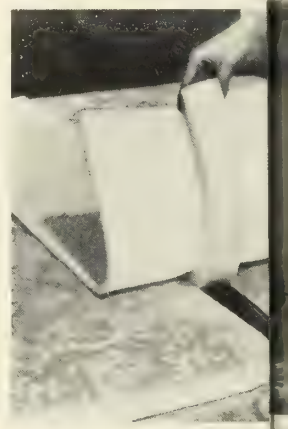
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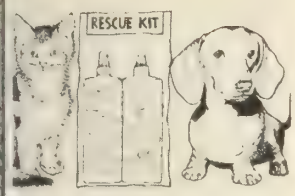
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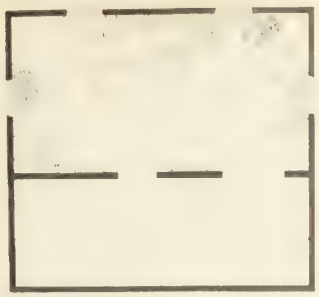
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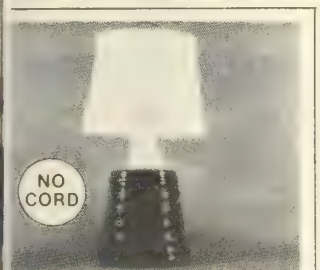
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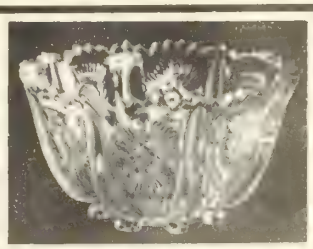


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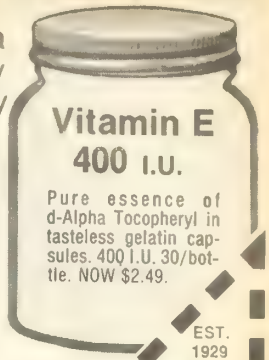
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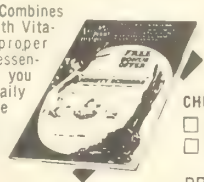
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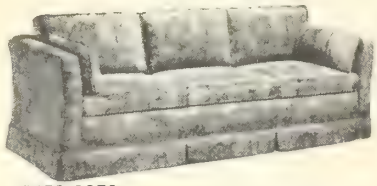
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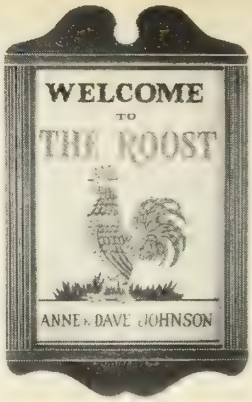


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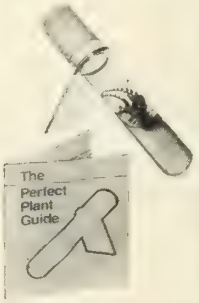
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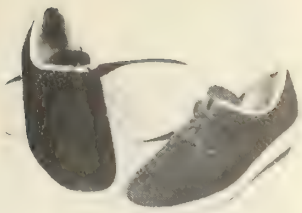
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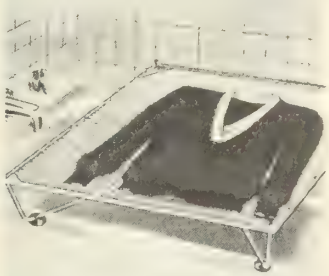
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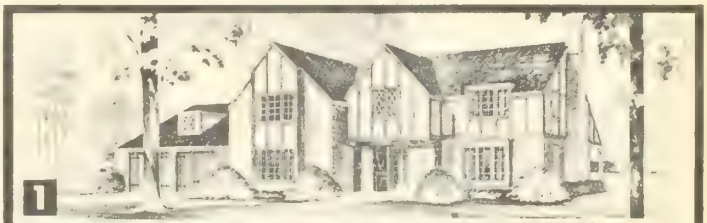
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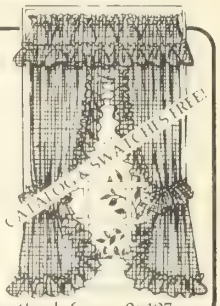
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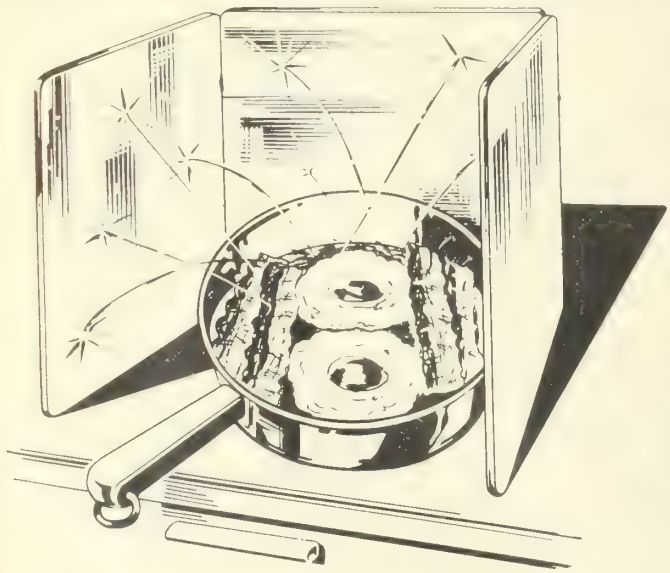
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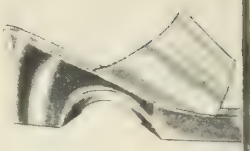
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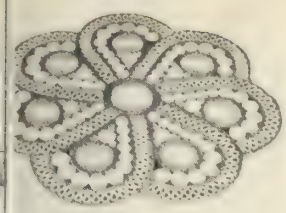


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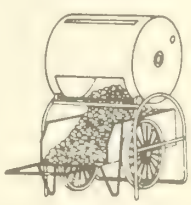
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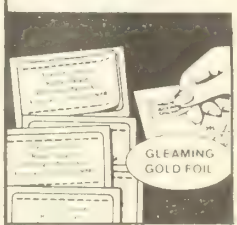
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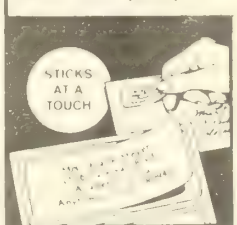
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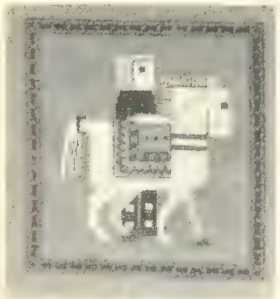
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From the Hermitage Museum in Leningrad, this horse is from a Scythian carpet, 3rd C., B.C., found deep frozen in a Siberian tomb. Browns, ivory, gold & blue. Choice of rusty or rosy red background. $35. Matching Persian tassel wool, $6., Hdl., $2.

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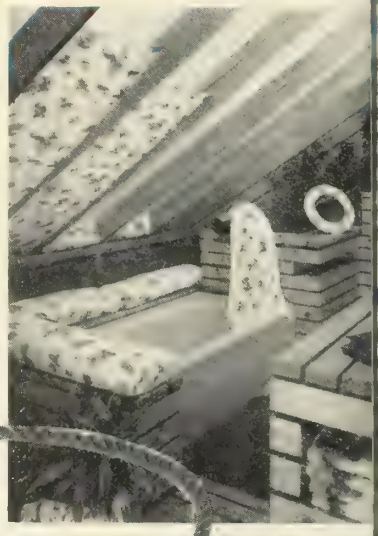
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Shopping around

for needlecrafts and handicrafts

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It's easy to be your own interior designer. Sixty-page booklet crammed with ideas for using sheets and towels to enhance your home. Instructions for dust ruffles, covering headboards, Parsons tables, lampshades, roller screens and lots more. Halston's Rose in illustration. $2. Fieldcrest Decorating Digest, HG4, 60 W. 40th St., New York, NY 10018.





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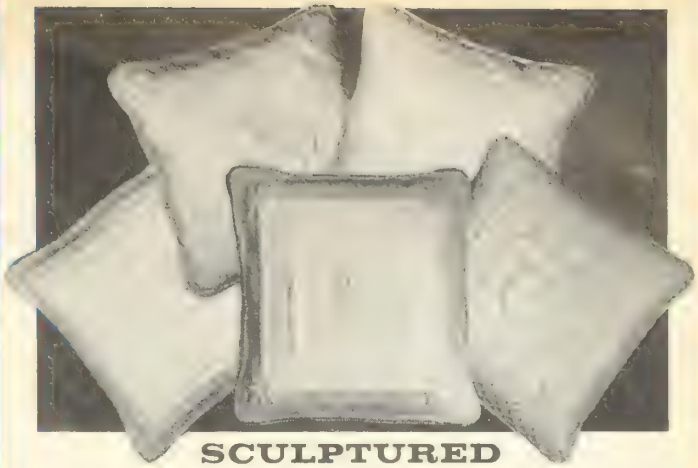
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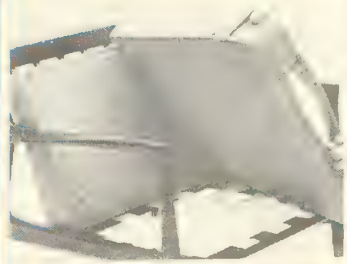
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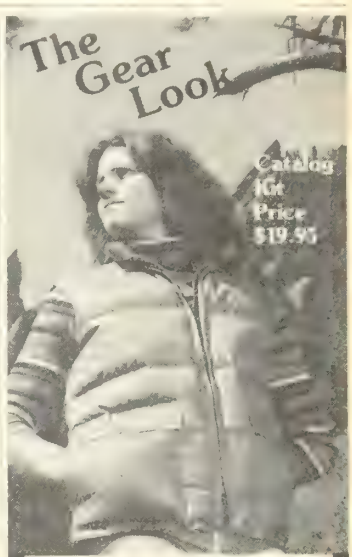
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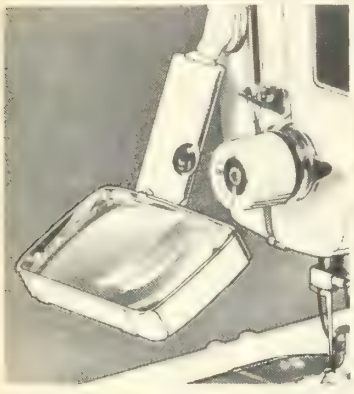
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Be your own interior designer with Fieldcrest's Decorating Digest! This sixty page booklet overflows with ideas to enhance your home using sheets and towels. The easy instructions will make you a master of everything from tablecloths to draperies, from headboards to harem pillows. Many of the ideas don't even require sewing! For your copy send $2.00 to:

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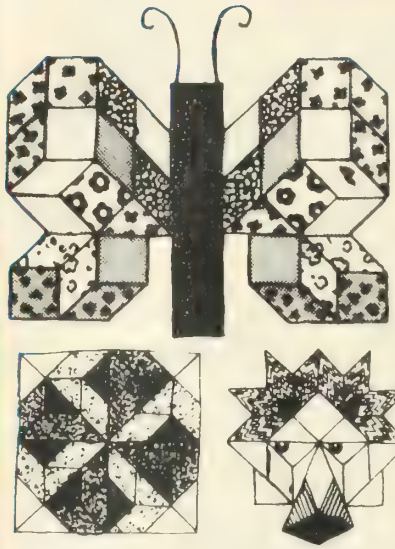
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KIT SHOPPING

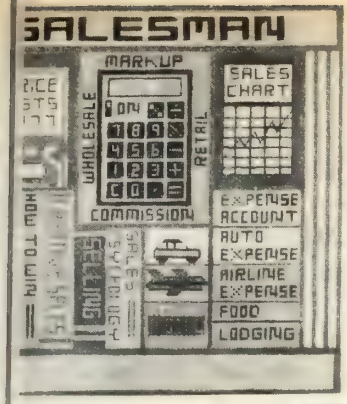
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)-NEW IDEA

ıentic antique quilts turn into charming accent pillows. ıint designs, log cabin, bride's basket, signature, others it form. Pastels or bold colors. Kit includes quilt front with d or calico back, ruffle. $14.95. Also finished, filled, $24.95 l. Bery Banke Cottage, HG4, RFD#2, Box 13C, eka Rd., Springfield, VT 05156.

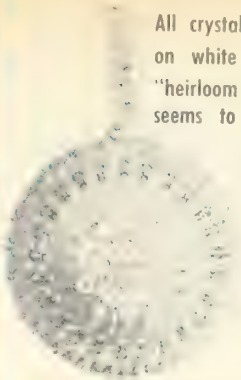
edlepoint News



UPDATE

Bi-monthly magazine is devoted to needlepoint ideas, techniques, and products. It's a wealth of information for you who enjoys the craft. Each issue offers free patterns, new ways to use needlepoint, and features a guest designer with a fresh approach. $7 a year; $8 in Canada. Needlepoint News, Dept. HG4, Box 668, Evanston, IL 60204.

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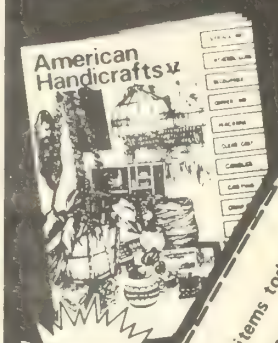
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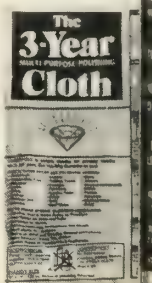
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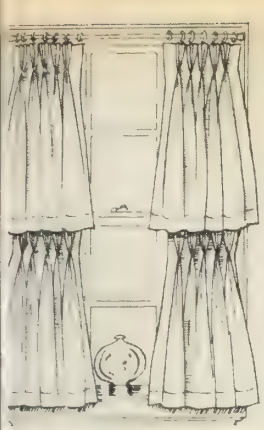
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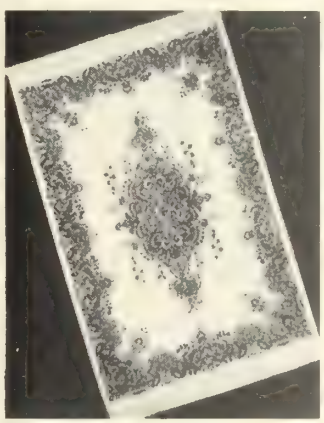
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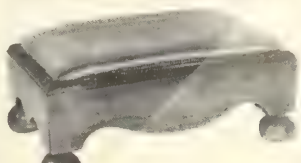


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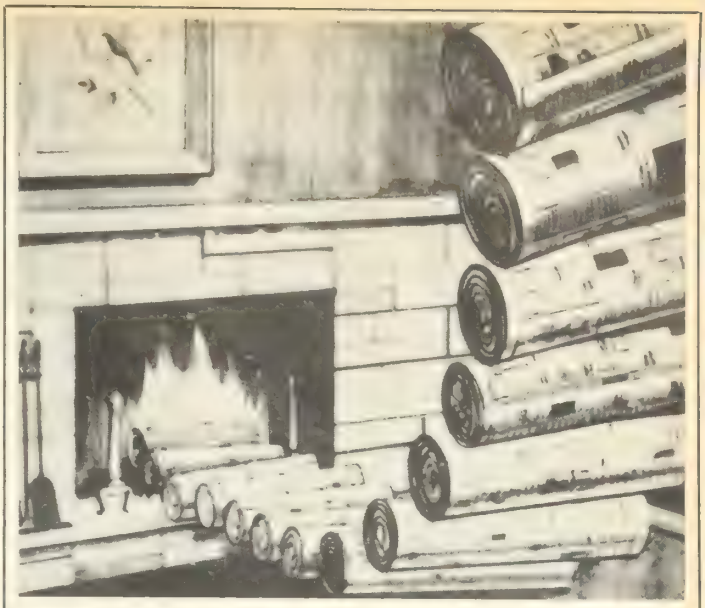
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THE PLANT COMMUNICATOR. No more guessing if those plants are wet enough. The proper click like code indicates moisture and acidity level. Handy reference book explains proper readout for 200 plants. Perfect for use indoors and outdoors. 10¼" high. $14.95 plus $1.25 postage and handling. **Both plant lovers aids for $23.95 plus $1.50 postage and handling.** Money back guarantee. Bank Americard, Master Charge and VISA welcome.

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N.Y. Residents add applicable tax.

SHOPPING INFORMATION

Prices approximate, state and local taxes additional. *Consult your interior designer or department store decorating service. Stores and designer sources in New York City unless otherwise indicated.

COVER
Upholstery fabric: "Chinese Gardens" glazed cotton chintz: 48" wide. 23½" repeat. From Clarence House.
Sofa: 88" x 38" x 31" h. Loose seat cushions and black pillows. $2,192. **Open armchair:** 28" x 27" x 37½" h. Carved umber wood frame. Sandstone finish. $690. **Ottoman:** 26½" x 20½" x 14" h. Attached cushion. $292. **Pharmacy lamps:** Adjustable height. Brass finish. $59 each. All at W & J Sloane. **Curved cocktail table:** 48" x 60" x 14" h. Straw-laminated wooden frame. Lacquer finish. $750. By Roe Kasian Designs. At Lord & Taylor.
Stacked parsons tables: Straw-laminated wood. Lacquer finish. Small, 32" x 14" x 10" h., $742.50. Large, 36" x 18" x 12½" h., $792. From Lorin Marsh.*
White twig table: 27" x 16½" x 28¾" h. $195. At Ed Stiffler.
Wire birdcage: 20" x 11½" x 40" h. From Roundtree.*
Wicker tray basket (on floor): 22½" x 19" x 6" h. $45. From Lorin Marsh.*
On curved cocktail table: Red lacquered boxes: Small, 11¾" x 6½" x 2¾" h., $180. Large, 25½" x 12" x 7" h. $825. **Wooden rabbit box:** 11" x 6½" h. Lift-off top. $147. All from Lorin Marsh.* **Oval ceramic planter:** 10" x 18" x 8" h. $840. At J. Garvin Mecking. **Portuguese ceramic plates:** 8¾" d. Pink borders. Rooster design. **Chinese porcelain cups:** 5" d. x 2½" h. Celadon green exteriors. Yellow interiors. **Chinese porcelain melon jar:** 9" d. x 12" h. All from John Rosselli Antiques.*
On twig table: Chinese porcelain melon jar: 9" d. x 12" h. Wooden top. From John Rosselli Antiques.*
On Parsons tables: Pale green ceramic lettuce plates: 6½" d. $75 each. At J. Garvin Mecking. **Paint:** "Mint Julep" flat or satin sheen interior and exterior paint from the Designa-color System by Pittsburgh Paints.

REVIVED KITCHEN
Pages 132-135
Wallcovering: "Renoir Plaid" paper-backed vinyl. 27" wide. 25" repeat. $22.25 per 5 yd. roll. By Lloyd/Reed. At paint and wallpaper stores throughout the country, and through decorators.
Flooring: "Quarry Tile" sheet vinyl. 6' wide. 18" pattern match. $13.25 a sq. yd. From the Coronelle Collection of vinyl Corlon floors. By Armstrong.
Wood movable shutters: At lumberyards, building-supply dealers, home centers. Supplied by the Nat'l Woodwork Manufacturers Association.
Hardware: Chrome wire pulls. 2¾" h. $1.83 each. At William Hunrath.
Lamp (in breakfast nook): White porcelain shade and reflector. 5" diameter semi-gloss white canopy. 8' black or white cord. $66. From Harry Gitlin.*
Round tablecloth and scallop-edged napkins: Made from Vogue pattern #1714. $2.50.
Appliance covers: Made from Vogue pattern #1892. Includes approx. 25 items for kitchen and picnics. $3., after May 1st.
Paint: Water Base Gloss Enamel by Pittsburgh Paints.

TAKE-OUT FURNITURE
Page 137
(Items not also shown in small photos, page 138)
Planters: Oval Chinese wicker baskets with handles: 24" x 32" x 10" h. $14.50 each.
Green glass jar: 12" h. Cork top. $8. **Brown ceramic ashtray:** 7" d. $6.95. All at Conran's.
Oil painting: "Alison Series: Side by Side": 56" x 72". By Esteban Vincente, 1976. $6,000. At Fischbach Gallery.
Gray marble tabletop: 48" sq. x ¾" h. Rough cut edges. $500. From Marble Modes* (on do-it-yourself plywood base painted charcoal).
Custom-made fire tools: Hexagonal chrome andirons: 10½" overall height. Three pylons. Iron base. $375. **"Cray" fork and tongs:** Each 30½" long. Forged iron. Brass and/or chrome plated finish. Fork, $75. Tongs, $125. **Black wrought-iron grate:** 15½" x 24" x 8" h. $55. All at Edwin Jackson.
Page 138
(Items not also shown in small photos, opposite) Left photos, center, banquette area: Painting: "Irisswed" acrylic and oil crayon on canvas: 93¾" x 31". By Larry Zox, 1977. $3,500. At André Emmerich Gallery.
Floor cushion: 32" square. Polyurethane foam filled. Red, brown, tan, blue covers (custom cover shown). $27.50 each. At Conran's.
Small photos, right:
"Quarto" dining table: 54" x 35"½" x 29" h x 76½" extended width. Stained oak veneer top. Chromium plated tubular steel legs. $280, unassembled.
"Oliver" loveseat: 60" x 34" x 27" h. Natural cotton canvas covering. Loose seat cushion. $165.95.
Assorted pillow forms: Crushed feathers. 20", $6.50. 22", $7.50. **Fabric on pillows, sectional units, banquettes:** "Bamboo" handwoven Indian cotton: 51" wide. $9.50 a yd.
Oval wicker trunk: 24" x 34" x 19¼" h. Removable lid. $94.
White pine bed frame: Queen size. $131. **Inner spring mattress and spruce hardwood box spring:** 60" x 80". Queen size. $395.
Duvet cover and sheets: "Lato" Celanese Fortrel and cotton. Sky blue with white striping. Queen sheets, about $16 each. Double/queen duvet cover, $29. By Marimekko. **Pillowcases:** Imported rayon and cotton. Solid colors. $8 a pair. **Duvet:** Feather and down-filled. Cotton cover. Double/queen size, $124.
"Astor" outdoor loveseat: 50" x 35" x 22" h. Diagonally slatted hardwood. Weathered finish. $105.
Light pine table: 26" sq. x 14" h. $51.
Chinese goatskin rug: 2' x 4' each. (Shown, three sewn together) $52.95 each.
"Ely" sectional group: Each, 36" sq. x 24" h. Fishbone beige handwoven cotton upholstery. Loose seat and back cushions. Armless, $249. Corner unit, $315.
"Astor" outdoor cocktail table: 16" x 40" x 19½" h. Slatted hardwood. Weathered finish. $65.
"Hej" folding chair: 30" x 32" x 33" h. Pine frame. Natural canvas cover. Neckroll pillow attached. $54.95.
Bookshelf: 24" x 12" x 72" h. Melamine-faced chipboard. $105. Extension bookshelf units, $84.95 each. Black or white. Unassembled.
Perforated metal stacking side chair: 17" x 16" x 17" h. Chrome frame. Yellow, red, black, white. $48 each.
"Boby" plastic storage trolley: 17" x 16½" x 20½" h. Two fixed trays, three swiveling trays. White, brown, red. $140.
Greek wool flokati rug: 8' x 11'. $220.
"Astor" outdoor club chair: 24" x 35" x 22" h. Slatted hardwood. Weathered finish. $65. All at Conran's.
Page 139
(Items not already shown in small photos, page 138)
Top:
Oil painting: "Flight of the Heart": 60" x 60". By Eliza Moore, 1976. $1,200. At Betty Parsons Gallery.
Portable black-and-white television: 14⅝" x 9⅝" x 9¾" h. Three-way operation Detachable sunshield. Private earphone. $129.95. Optional battery pack available. By Zenith.
"Templeborder" cotton durrie rug: 4'6" x 6'4". $36.75. **Chrome pharmacy lamp:** Adjustable height. $73. **White ceramic ashtray:** 7" d. $6.95. All at Conran's.
Bottom:
Painting: "Form From Green acrylic on canvas: 68" x 68". By M. Kawabata, 1977. $3,300. At Betty Parsons Gallery.

SUNNY WATER GARDENS:
Page 156
Fabric on cushion: "Herringbone" cotton: 48" wide. 30" repeat. From Hinson.*
Page 157, lower left
"Iris" cotton: 54" wide. 30" repeat. Unquilted. From Hinson.*
Plants and flowers: From Madderlake, 816 Madison Ave., New York, N.Y. 10021.

WINE AND FOOD COVER
"The Soufflé Plus" ovenproof stacking glass containers. 1, 1½, and 2 qt. sizes. Set of 3, $18. By Corning Glass Works.

JOY OF COOKING SCHOOLS
Pages 164-165
Glasses and plates: At John Simmons, 540 Sutter St., San Francisco, Calif. 94102.

BUILDING FACTS

Materials and equipment in the house on pages 150-155

ARCHITECT AND LANDSCAPE ARCHITECT: W. Trout, Trout Architects, Inc.
INTERIOR DESIGN: W. Trout and Beverly Trout
CONTRACTOR: Melbro, Inc.
SIZE OF HOUSE: 1,400 square feet
SIZE OF LOT: 95 by 122 feet

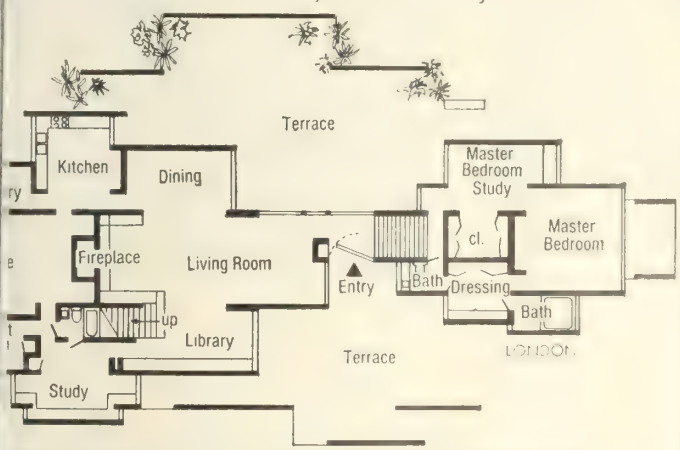
STRUCTURE
Foundation: Poured concrete slab on concrete block foundation walls and footings; 3½-foot crawl space.
Framing: Living-room glass bay, 12-by-12-inch fir timbers. Rough sawn 4-by-4-inch

Continued on page 228



A NEW WAY TO BUILD

lew time- and labor-saving ıethods and materials can ex-edite the building of an in-ividual, custom-designed ouse. In this three level, lux-riously spacious house in ireenwich, Conn. (see pages 36-139), architect Dimitri ulazel introduced industrial onstruction concepts that cut own building time. In the /idespread house all walls, utside and inside, are eco-omical concrete-perlite locks. Laid without mortar and the work of applying it), ney have a fiberglass stucco ırface finish that bonds them, a polystyrene filler that insulates them. All roofs (twenty-one different levels provide delightful varied ceiling heights) are standard precast concrete planks that bridge the walls and form complete roofs. They eliminated complex truss or other roof construction, and crane lifting them in three days saved labor. All metal frame windows and doors are industrial units in readymade stock sizes for easy installation. And architect-designed light fixtures, door, and cabinet pulls were made on the job.



Walls screen house from road, cube-like forms outline room es, heights. Plan: Center entrance divides major rooms at left from er suite, right. Three bedrooms above major rooms. Below: Glass s of living-dining area, kitchen, upper bedroom overlook terrace.





What good does a funeral do...really?

Today, there are those who find themselves asking this question.

Certainly the funeral can do nothing for the person whose life has ended beyond providing the dignity of a proper burial.

But no matter where, when, or under what circumstances death may occur, there are needs that must be met—for the bereaved family; their friends; their close circle in the community.

The funeral helps meet those needs. It helps those who grieve accept the reality of death. They know it happened. But a part of their mind rejects it, runs away from it.

The funeral takes them gently by the shoulders and turns them to face it. And having faced it, having viewed it, things are easier.

Things continue to be easier (though it may not seem so at the time) as arrangements have them talking with sympathetic friends, reflecting upon moments shared, giving testimony to the life that was lived on earth.

Another thing the funeral does—whether the choice is made for a traditional, a contemporary or a humanist service—is to reaffirm the faith, the creed, or philosophy by which one's life was guided.

As the poet John Donne said: "No man is an island . . ." His death touches his world. A funeral considers the feelings of all those who shared his life. It is a moment when grief shared is grief diminished.

It is truly a unique moment of sharing . . . for the family . . . for friends . . . for society.



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BY JAMES FANNING

SPRING SPLASH



Spring-planted bulbs with dazzling blooms, safety first, and where to buy water plants

Dazzling with bulbs

Some of the most dazzling color displays of the summer come from spring-planted bulbs. Those flower arranger's stalwarts, gladiolus and dahlias, are outstanding examples, as are cannas and tuberous-rooted begonias. But there are lots of others, and they're all reliable performers. One of the best is *Caladium*, which gives us summer-long color in the form of broad, arrow-shaped leaves streaked, splotched, and spotted with vivid green, pink, white, and red. Caladium bulbs should be started early—April in the North—in pots and moved outdoors into bigger pots or the open ground, as soon as the danger of frost has passed. Three bulbs will fill an 8-inch pot nicely, and in



Caladium Mrs. Haldeman makes a beautiful summertime display of white, red, pink.

the garden they should be set in clusters of not less than 3 for the best effect. Caladiums like a rich, humusy soil, not much sunshine, and plenty of water. Flowers like small calla lilies appear early in the season, but should be removed to send all the plant's strength into the leaves. Come fall, when the leaves are touched by frost, the bulbs should be dug and stored for the winter in dry peatmoss, in a not-too-cold cellar, and started into growth again the following spring.

Of the gladiolus persuasion but somewhat more graceful is *Crocosmia*, sometimes known by its old-time name, *Montbretia*. The leaves are long and narrow, and the flower stalks grow from 2- to 3-feet high, with shorter side branches. Several of the trumpet-shaped flowers open at a time, in shades of bright yellow and light to dark orange. Cut when the first flowers are opening, Crocosmias make long-lasting bouquets. For garden display, they generally need staking to show to best advantage. Plants should be lifted before freeze-up time in the fall, the tops cut off, and bulbs stored dry for the winter. *Crinum* might be called the summer amaryllis. A close relative, it has the amaryllis's habit of bearing a cluster of flowers atop a bare stalk that grows out of the bulb beside the cluster of leaves. Narrow-petaled and sweet-scented, the flowers may be white, pale pink, or a handsome combination of red and white stripes. Each blossom lasts 3 or 4 days, but, since there are several in a cluster and they open successively, each flower stalk is good for more than a week of display. Crinum is an interesting pot plant, since the leaf cluster looks very much like a small palm tree and stays green for most of the year. Outdoors, the bulbs should be planted, with tops above ground, as soon as there is no more danger of frost. Fleshy roots that grow out of the bottom of the bulb should be handled carefully, spread out and buried as

Caladium candidum has leaves that are mostly white, vivid green veins and edges.



part of the planting process. In fall, the bulbs should be dug again, keeping as many as possible of the fleshy roots intact, and kept in a dry, cool place for the winter. When planting time comes around again, any small bulbs that may have formed around the old ones should be broken off and planted separately. Crinums need a rich garden soil, lots of sunshine and water, plus an occasional feeding with any all-purpose garden fertilizer.

Caladium bulbs are available from most of the mail-order houses. A good selection is listed by the George W. Park Seed Co., Inc., P.O. Box 31, Greenwood, S.C. 29647, whose catalogue is free.

Crocosmia, listed as Montbretia, is available from John Scheepers, Inc., 63 Wall St., New York, N.Y. 10005. The catalogue is free.

Crinums, unfortunately, are not currently listed by any of the well-known mail-order firms. Look and ask—maybe your local nursery has some.



Crinum Powellii has wide-spreading, sweet-cented flowers of pale pink.

Time for vigilance

With lawnmowers and other motorized equipment coming out of winter storage, this may be a good time to vary an old maxim and declare that eternal vigilance is the price of safety. The manufacturer of a lawnmower, for instance, should not be held responsible if the person using the mower is forgetful enough to stick his hand into the discharge chute while the motor is running. Use your head and keep hands and feet away from all moving parts as long as they're moving. Use your head again and keep children and pets away—locked up if necessary—from any and all power equipment while it is operating. A little common sense is worth more than a million dollar's worth of safety devices.

And, speaking of lawnmowers, the newest "mulching" type has no discharge chute, so the danger of accidents is reduced by a considerable factor. The idea is to whirl grass clippings around inside the mower housing until they are finely chopped and fall to the ground to act as mulch on the lawn. Mowers of this type, introduced by Bolens in the early 1960's, are made by Toro and Jacobsen, and are in the Snapper line of the McDonough Power Equipment Co. Of course these makers all have traditional mowers, with or without blower pickups for clippings.

They like it damp

Water plants like those in the tabletop arrangements on page 156 are available by mail order from the following:

LILYPONS WATER GARDENS
128 Hougar Road
Lilypons, Md. 21717, or
Brookshire, Tex. 77423
Catalogue, $1

SLOCUM WATER GARDENS,
1101 Cypress Gardens Road,
Winter Haven, Fla., 33880.
Catalogue, $1.

WILLIAM TRICKER, INC.,
P.O. Box 398, 74 Allandale Ave.,
Saddle River, N. J. 07458.
Catalogue, 25¢.

VAN NESS WATER GARDENS,
2460 N. Euclid Ave.,
Upland, Calif. 91786.
Catalogue, 50¢.

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Building and remodeling

1. "ALMOST ALL ABOUT HOME INSU LATING" is contained in this booklet fro Scientific Applications, the Homefoame people. Foam insulation is compared wi fiberglass and rock wool. Installation met ods are detailed for brick, stucco, a homes with aluminum siding.

2. "IT'S YOUR HOUSE, YOUR LIFESTYLE and you've put a lot of thought and effo into it. This catalogue from Elkay allow you to put the same care into your choic of a sink. This important fixture has joine the ranks of luxury appliances, offerin time-saving features and a multitude elegant styles. 25¢

3. BRING ANY KITCHEN UP-TO-DAT The Tappan full line of quality-built appl ances includes gas ranges, electric range microwave ovens, dishwashers, refriger tors/freezers, trash compactors, foo waste disposers, and range hoods. Mod numbers and dimensions included booklet. 25¢

Decorating

4. DECORATE WITH COLOR. Learn "Ho to Be a Color Schemer" with this dramati 23-page booklet filled with ideas and fact to help you decorate in the way you've a ways dreamed. Learn how upholster fabrics of Herculon Olefin give you free dom of color choice, built-in stain resis ance, and lasting color. From Hercules

5. SIX COLLECTIONS OF FURNITURE b Century Furniture Company are presente in six beautifully illustrated brochures Chandelle, Country Classics, Candlewoo Chin Hua, Composition in Burl, and Cha blis, plus the distinctive Century Maga zine to help you decide on your own dec rating direction. Package of seven, $5

6. IT TAKES A SPECIAL KIND OF PERSO to appreciate fine grandfather clocks. I this elegant, full-color brochure fron

lerschede you can choose from its entire ne of hall clocks. Includes dimensions nd specifications as well as an explana- on of fine clock movements. 50¢

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0. OUTDOOR DECORATING GUIDE. Booklet features practical new ideas in wnings made of acrylic fiber. Maker guar- ntees fabric for five years. Shows ca- anas, patio shades, window awnings, and ther designs. Glen Raven Mills, Inc.

1. ORIENTAL RUG DESIGN MASTER- IECES. Couristan's newest collection, em, can now be seen in a deluxe 24- age color catalogue. Portrayed are 19 nagnificent design/colorations, recreated rom famous antique rugs and rare tapes- ries, many exhibited in renowned muse- ms throughout the world. Couristan. $2

Eating and entertaining

2. OUTDOOR COOKING. Terrific tips and ecipes for Char-broiling, spit cooking, smoke cooking, shish kabobing, and more on the Char-Broil classic outdoor grill are given in this booklet. Roasting time and grilling time temperatures are listed on easy-to-read charts. Models and accesso- ries are shown with specifications. Char- Broil.

13. "WITH A NAME LIKE . . . IT HAS TO BE GOOD." Delightful cookbook from Smucker's introduces you to the versatility of cooking with preserves, jellies, top- pings, and fruit syrups. Presented here are time-honored favorites as well as imaginative new recipes for appetizers through desserts. Smucker's Cookbook. $2

Gardening

14. "HOW TO GROW BEAUTIFUL FLOW- ERS WITHOUT BEING AN EXPERT." This colorful 16-page booklet provides basic information, plus many ideas on how to create beauty around your home with flowers. Includes advice on plant selec- tion, how to plant or seed, how to fertilize and look after flowers, and answers to many of your questions. O.M. Scott & Sons.

15. LAWN AND GARDEN EQUIPMENT. The complete line of Snapper lawn and garden equipment is outlined in this full- color brochure. Power garden tillers with attachments which quickly and easily con- vert the tiller into a multipurpose garden tractor; riding mowers, including the revo- lutionary "High Vacuum" lawnmower with gigantic 30-bushel "Bag-N-Wagon."

Potpourri

16. "UNDERSTANDING HIGH FIDELITY" —a booklet designed by Pioneer Electron- ics Corporation to demystify the principles and terminology of hi-fi, and to foster a wider, clearer appreciation of its basic components. Each piece of the hi-fi sys- tem is explained in detail; plus a buying guide and a glossary. $2

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April, 1978

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Building Facts
continued from page 222

cedar posts, rough sawn 4-by-12-inch cedar beams in post and beam construction.

EXTERIOR OF HOUSE
Exterior walls: Smooth sawn cedar siding laid diagonally over double wall construction.
Roofs: Cedar shakes by Shakertown Corp. on garage; built-up roofing of bituminous coated building paper and gravel on flat roof.
Exterior finishes: Wood preservative; wood stain by Olympic Stain, Div. of Comerco, Inc.
Insulation: 3½-inch batt insulation in walls and roof.
Windows: Aluminum frame, bronze finish sliding glass sash by Crossly Window Co. and fixed glass panels; "Thermopane" insulating glass by Libbey-Owens-Ford Glass Co.
Skylights: 2 plastic bubble-type operating skylights with screens, 1 glass operating skylight with screen, by Roto-International Div., Imms, Inc.
Doors: Aluminum frame, bronze finish sliding glass doors by Crossly Window Co. with "Thermopane" insulating glass by Libbey-Owens-Ford Glass Co.
Garage doors: 2 overhead wood doors with "Genie" electric controls by The Alliance Mfg. Co.

INTERIOR OF HOUSE
Interior walls: Smooth-sawn cedar boards; applied diagonally to outside walls, horizontally to interior walls. Sealer on kitchen and bathroom walls.
Ceilings: 1-by-10-inch tongue-and-groove Alaskan white pine boards.
Floors: 1¼-by-6-inch tongue-and-groove white pine boards with 3 coats of polyurethane finish. In garage, cushioned vinyl by Armstrong Cork Co.
Lighting fixtures: Recessed cylindrical ceiling fixtures; at dining table, hanging ceiling fixture; at kitchen counters and desk, tubular fluorescent lighting.
Fireplace: Prefabricated metal unit, with triple flue, by Majestic Co.
Hardware: Brushed stainless steel by Haefele, Germany.
Music system: Built in stereo by Panasonic.
Cabinets, drawers, and bins: Custom designed with Textolite plastic laminate surface by General Electric Co. built by Custom Maid Cabinets.
Countertops: In lavatory and bathroom areas, maple butcher block; in kitchen, Textolite plastic laminate countertops by General Electric Co. edged in oak.
Plumbing fixtures: In kitchen, double sink; in master bathroom, wash basin by American-Standard, Inc.; in bathrooms, fiberglass shower and shower tub by Powers Fiat Corp.; in boys' bathroom, stainless steel wash basin by Elkay Mfg. Co.; in lavatory, wash basin by Kohler Co., fittings by Moen Div., Stanadyne Co.

MECHANICAL EQUIPMENT AND APPLIANCES
Appliances: Built-in range with self-cleaning oven, electric 4-burner, white ceramic cooktop by Frigidaire Div., General Motors Corp.; refrigerator-freezer by Admiral, Rockwell International; undercounter KitchenAid dishwasher by Hobart Mfg. Co.; food waste disposer by In-Sink-Erator Mfg. Co.; food center, ventilating fan, and hood by NuTone Div., Scovill Mfg. Co. Laundry washer-dryer stack unit by Frigidaire Div., General Motors Corp.
Water heater: 18-gallon rapid recovery tank by Rheem Mfg. Co.
Heating-cooling system: Forced warm-air perimeter heating-cooling system with crawl space furnace. Thermostat control.

Materials and equipment in the house on pages 136-139

ARCHITECT AND LANDSCAPE ARCHITECT: Dimitri Bulazel
CONTRACTOR: Tek-Ton Associates
SIZE OF HOUSE: 5,120 square feet
SIZE OF LOT: 2 acres

STRUCTURE
Foundation: Concrete slab with concrete block walls and footings on bedrock.
Framing: Exterior and interior walls of concrete block supporting precast concrete slab planks.

EXTERIOR OF HOUSE
Exterior walls: Concrete block by Milford Concrete Co. laid without mortar.
Exterior finishes: "Bloc-Bond" bonding and waterproofing by Owens-Corning Fiberglas Corp. and "Modac" acrylic finish coat by National Coatings Corp.
Roofs: Hollow, precast concrete slabs by The Flexicore Co., Inc. with 4 layers of bituminous coated built-up roofing by Fairfield Roofing Co.
Insulation: Around foundation walls, "Styrofoam" insulating board by Dow Chemical Co., in concrete block walls, "Korfil" polystyrene liner, on roof, "Thermax" rigid insulating board by Celotex Corp.
Windows: Aluminum frames, bronze finish sash, and fixed glass panels, with insulating glass, by Acorn Glass Co.
Doors: Aluminum frame, bronze finish sliding and swinging glass doors with insulating glass, by Acorn Glass Co.
Interior doors: Wood, flush, solid core doors.
Garage doors: Sliding doors, with electric, radio control, by Overhead Door Co.

INTERIOR OF HOUSE
Interior walls: Concrete block by Milford Concrete Co. laid without mortar.
Interior finish: "Bloc-Bond" bonding coat by Owens-Corning Fiberglas Corp., white oil-base paint by Muralo Co. On doors, stain by Minwax Co., Inc. and "Interlux" marine varnish by International Paint Co.
Ceilings: Precast hollow concrete slab planks by The Flexicore Co. Ceiling finish, white oil-base paint by Muralo Co.
Floors: Major rooms, flagstone laid on concrete slab; bedrooms, oak flooring.
Lighting fixtures: Custom designed by architect, of mirrored Plexiglas; dimmer controls by General Electric Co.
Fireplace: Fieldstone hearth, clay flue liners.
Cabinets and countertops: Formica laminated plastic.
Plumbing fixtures: Kohler Co.

MECHANICAL EQUIPMENT AND APPLIANCES
Appliances: Cooktop by Amana Refrigeration Co., "KitchenAid" undercounter dishwasher by Hobart Mfg. Co.
Water heater: 80-gallon recirculating tank by The Carlin Co.
Heating and cooling system: Oil-fired forced warm-air heating system with "Wondaire" furnace by Cox & Co., Inc.; air conditioning with cooling, cleaning, and humidification, by Lennox Industries, Inc.

Materials and equipment in the kitchen on pages 162-163

Range and portable convection "Speed Oven" by Monarch Range. Refrigerator/freezer and dishwasher by Whirlpool. Microwave oven by Sharp Electronics. Cuisinart food processor. Food preparer by KitchenAid, div. Hobart. Industrial tile flooring. White Corian countertops by DuPont. Custom-made butcher block center island.

Découpage
continued from page 104

rections. Be careful not to gouge the wood if you use a scraper. If you can't spare the time to strip the furniture, use heavy sandpaper (wrap around a block of wood for greater ease) to remove the old wax and paint surface and use a soft cloth to wipe away the dust. Mix paint color (Miss Linsley's cherry color is a cross between red acrylic and white latex). Apply two coats (three if you're using a light color), allowing each to dry thoroughly and sanding each lightly to smooth out any bumps or ridges. While your furniture is drying, choose designs to be applied and cut them carefully with cuticle scissors. Avoid lacy or complicated cutouts at first. Experiment with different arrangements and combinations of designs before gluing them, and when you're ready, turn them face down on newspaper and spray the backs, one at a time, with the adhesive. Press firmly onto the furniture—for added strength, a brayer (rubber roller) can be used.

Wipe away any excess glue with a damp sponge. Apply varnish on a dry day, as high humidity lengthens the drying process. If you're using a brush, try to apply thin coats to avoid yellow ridges which you'll be unable to remove with sandpaper later. *Let every coat of varnish dry at least 24 hours.* This is the secret of a lasting finish—otherwise, you create a buildup which will dry at the edges and eventually pull away, lifting off the design. After the third coat, sand between every coat very lightly with WetorDry sandpaper, dampened very slightly. Finally, when you've achieved the desired finish—fewer coats will leave the design somewhat raised, an effect Miss Linsley likes—sand again, and go over the piece with the fine steel wool for an extra smooth surface. Apply a coat of clear furniture paste wax, let it set at least 10 minutes, and then buff thoroughly. ■

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Glass door decks, above, feature interior lighting and glass shelves for elegant display—join with lighted canopy to frame sparkling mirrors. Dining table base, with double stretchers and brass foot ferrules, was inspired by a 14th Century Japanese writing table—is combined with a 60 by 60 in. glass top.

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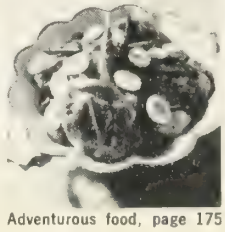

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**Based on recent national average NADA used car trade-in figures.

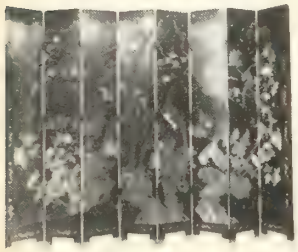
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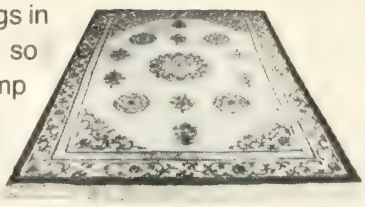
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interiors

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The talented professionals in Sloane's Interior Design Studios play many roles: expert advisers, taste translators, soothing hand holders when you want to dare to be different. (Indeed you can go 'way out or wild with your room, but there are ways—and *better* ways.) Fortunately, Sloane's is the total source of fine furnishings in every period and style, so you won't have to tramp the byways for that very special piece you want. The selection's there at Sloane's, antique to 'way ahead modern. After all, furnishing homes is our only business! And one of our designers will go with you every step . . . from getting-to-know-you-and-your-taste, to planning, color scheming, selecting, and putting it all together into one beautiful place to be. A room, your entire home, or just that little corner by the window. So when you're in need of a change of environment, bogged down by do-it-yourself, or just too busy to cope, get help at Sloane's. Our interior designers are some of the nicest, brightest people you'll ever meet! **W & J Sloane** is the winner of the 1977 **ASID National Retail Design Award,** given in recognition of outstanding contributions to the design profession through excellence in interior design service.







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HORST

On the cover: A living room that thinks it's a terrace, with cool blue freshening the fabric and making the ceiling a sky. Luis Molina painted the floor, fireplace, and hearthside chair to look like terra cotta; logs stand in a real terra-cotta tub. The green cocktail table, lightly lacquered so the wood grain shows through, is a natural with flowers—here, peach-colored tulips and potted primroses—and flatters the fishtail palms. Furniture from W & J Sloane; fabric from Quadrille Wallpapers. "The Palm" armchair from House of Alfino. Two-tiered cocktail table from Linea Plus. Painting from Betty Parsons Gallery. Jars, tray, and plates from John Rosselli Antiques. For shopping information, turn to page 210.

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To plant your own tea, start with a 4- or 5-inch pot. Smaller ones will do, but the larger size is less likely to dry out between waterings. Soak the seeds overnight in tepid water, then plant them just below the surface of a potful of loose soil; a good mix is equal parts potting soil, vermiculite, and sharp sand. The plant will begin to emerge in about 60 days but it may take much longer, so don't despair. Make sure your tea plant receives good light but not too much direct sunshine. Water and care for it the way you would an average house plant. Flowers take 4 to 5 years to develop, but you can brew your first cup much earlier than that. As soon as the plant has a number of strong branches, you are ready for your first harvest. To put by your crop of tea, pick off the growing tips, including the two or three leaves just below them, from all the plant's shoots. Let these lie overnight on a piece of cheesecloth. This process is known as withering, the leaves losing about 40 percent of their moisture. Then crush them with a rolling pin and let them sit for 6 hours. Let them sit another two days if you enjoy your tea green, or "fire" it in a 180° oven about 10 or 15 minutes if you prefer it black. Tea seeds, 10 for 65¢, may be ordered from George W. Park Seed Co., Greenwood, S.C. 29647.

Richard Langer

Weighty matters

If you were lucky enough to be in New York to see the Steuben exhibits of "The Harvard Flowers" or "The Canterbury Windows," then you'll be delighted to know that Steuben is having a show of classic paperweights, pieces made in France, England and Bohemia in the 1840s and 50s. The 300 pieces in this exhibit are examples of the purity and perfection of glass casting and miniature design. The show will be at The Corning Museum of Glass, Corning, N.Y. 14830 through Oct. 21. You can order the museum's catalogue if you can't get there—$30, cloth; $20, paperback.



ELISE LEWIN

Dagny Corcoran at work on her catalogues

Art smarts

Collecting the catalogues that accompany great shows can be almost as much fun as going to the shows. Those catalogues are rare, too. Dagny Corcoran has opened up what has to be a unique service: She's dealing in art catalogues, in and out of print, and having a great time doing it. Most of her clients are libraries, but serious art collectors come to her for these valuable books. She has about 2,000 people on her mailing list and sends out an annual inventory list plus updating supplements three times a year. Her office in Los Angeles is just above the Nick Wilder Gallery and just next door to her husband's Corcoran Gallery. Friends have helped her make it look terrific.

"I didn't want it to look like a real booky bookstore. That's why I've kept it loose," she says. Her large glass desk doubles as a dining table, which is wonderfully convenient as clients love to join her for breakfast and lunch almost every day. The desk was designed for her by artist Chuck Arnoldi. Her friend, Mimi London, famous for her affinity with natural materials, also designed the wide chair. Dagny Corcoran Art Catalogues, 8227 Santa Monica Blvd., Los Angeles, Calif. 90046.

Advise and preserve

The President's Advisory Council on Historic Preservation is a government agency that protects historic buildings and land from development. Created 12 years ago, it now has 29 members representing principal departments of the executive branch. Each member has one thing in common—caring what happens to America's landmarks. Richard H. Jenrette, the Council's newly appointed chairman, *right*, describes the kinds of problems that the council deals with: "Several years ago a new 4-lane highway bridge was proposed to link the lower Charleston peninsula with greater Charleston producing an increase of traffic into the historic Charleston area. We persuaded the planners to develop another site."

Is there a preservation issue in your neighborhood? Contact the council at 1522K St., N.W., Suite 430, Washington, D.C. 20005.





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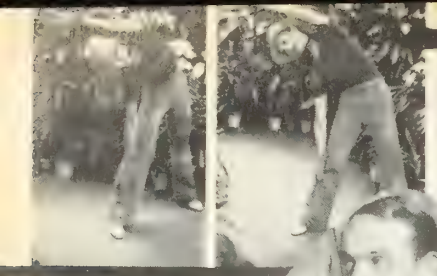
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Living





Departure points

On the air



The Astaires dancing in "Lady Be Good"

ULVER PICTURES

Hallelujah for Public Broadcasting — the stimulating, refreshing fare we get on PBS television stations across the country. But did you know that National Public Radio offers the same informative entertainment? May, 1978 is "National Public Radio Arts Month" and NPR stations will be airing as much as 80 hours of entertainment—live nationwide jazz and folk music shows, and documentaries focusing on the impact of art on American life. The revival of George and Ira Gershwin's 1924 classic, *Lady Be Good*, written for Fred and Adele Astaire, caps the month's run. It's a new production, complete with *The Man I Love*, made famous by Helen Morgan. Look for it in local newspaper listings the week of May 21st.

Mayan magic

If the mystery of the pyramids trigues you, but you can't ge Egypt, visit the ruins of Palenque Mexico instead. This site in Chia southwest of the Yucatán, was once westernmost city of the Mayans. It must for archaeology buffs. Besides towering Temple of the Inscripti Palenque has remarkably well-preser hieroglyphs and stucco artwork.

The excavated area of the site car covered in a half day, but you re should plan on a full one. The top of Temple of Inscriptions offers a fanta view and in its crypt lies the orig tomb of a Mayan king. The hieroglyp tablets here and in the temples of Cross Group are as clear today as t were a thousand years ago.

The present town of Palenque is sn but has several comfortable hotels— Canada and Chan-Kah, where you surely rub elbows with experts in Ma studies. Mari-Sol Ha and Hotel Palen are near the taxi stands and bus stati Taxis to the site run about $4. Many p ple choose to stay in the larger city Villahermosa, about an hour-and-a-h away. Stay at the Hotel Manzur the It's possible to get a 4-seater plane fly to Palenque's airport.

What to do: If time permits, hir jeep or small plane and visit m Mayan ruins at Yaxchilan or B ampak; picnic at Agua Azul, mous for its waterfalls; wa craftsmen work with tools methods used centuries ago; br a windbreaker because this a has constant rainf

CLAIRE SCHO



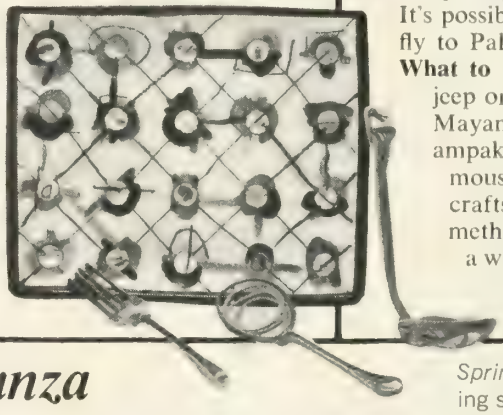
PI + attitudes

Now you can take the painting off the wall and put it on the dinner table. What potter Dorothy Hafner has done with handmade dinner plates turns the colors of a meal into a work of art.

Her plates *were* paintings, at first. "I wanted to return from ceramics to painting but couldn't afford the supplies . . . so I painted on ceramics," says the 25-year-old artist.

By tipping the edges of the rectangular paintings, she produces painted plates and bowls. By special order at Henri Bendel in New York or through BFM Gallery, 964 Third Ave., New York, N.Y. 10022, sets start at $110.

EDWARD OLEKSAK



Strawberry pot bonanza



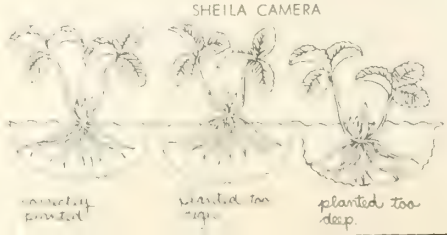
strawberry pot

strawberry pot planted with strawberry plants

Strawberries are one of the easiest plants to grow, with tenfold results. In addition to harvesting fresh strawberries, you can make jam, tea, sundaes, wine, and even a remedy for sunburn.

Buy mature plants. Everbearing ones give two or more crops; Fraises-des-Bois will be tastiest. Start them indoors now, in a pot or an old barrel with holes drilled in the side for pockets. Layer the bottom with pebbles for sufficient drainage. Fill the pot with a 3:1 combination of potting soil-peat moss mix. *Sunburst* is a new "everbearing" variety with berries, which grow well in all areas. *Spring Giant*, a new June-bearing strawberry is 3 times larger than the usual berry.

SHEILA CAMERA



planted too deep

Be sure that the crowns small spikes in the middle o the plant, are not planted below the soil. Plant the runners of the main plant in the side pock ets of the pot, making sure they are connected to the main plant. Leave them unt l the runners have rooted.

Strawberries need lots of sun and water. Keep in a cool place. Interstate Nurseries, Hamburg, Iowa (for *Sunburst*) or Guerney Seed Company, 9858-B Page St., Yankton, S.Dak. 57078 (for *Spring Giant*).

WHY WE TASTE SO GOOD.

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Living

How to make a kite

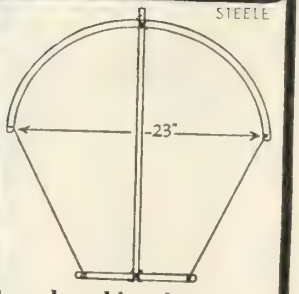
A child and you can make this Thai Dragon kite on a rainy afternoon, to fly on a sunny spring day. *Materials:* 4-ply cotton string or 30-pound test nylon; construction or rice paper, or plastic trash bag; scissors; crepe paper in 15-foot sheets; masking or fiber strapping tape; Sobo or Elmer's glue; ruler; lightweight sticks: one 33-inch rattan, fiberglass, or plastic, one 23-inch dowel, one 10-inch dowel, all ¼-inch thick. *Instructions:* Bend the 33-inch piece into a bow 23 inches wide. Notch ends and tie together. Dab with glue or tape over knots for reinforcement. Tie 23-inch spine to middle of bow and reinforce with glue. Tie middle of 10-inch tailbone to spine. "V"-notch ends of tailbone and attach two 24-inch pieces of string. Tie to bow's ends, each measuring 14-inches.

Decorate face either before or after attaching it to kite's frame. If after, be careful. Lay paper under frame. Cut around leaving 1½-inch border. Apply a thick coat of glue to edges and wrap around kite's frame. Press firmly and apply another coat of glue on top. Cut triangular paper patches from leftover paper and glue over frame's joints.

Make paper tail by cutting crepe paper into 10-inch-by-15-feet strips. Cut lengthwise from one corner to middle of other end, which makes 2 pieces tapering from 10 to 5 inches, then from 5 inches to a point. Glue 5-inch sides. Glue wide end to tailbone. Tail will measure 30 feet long. Cut 2 1-by-2-inch paper patches. Center on spine and glue one 4 inches up from tailbone; glue second just below bow center. Cut a 45-inch piece of string and thread a large needle. Poke it through patch at bow close to spine, pass around spine, and bring it back up through front. Tie. Stitch through bottom patch the same way and knot.



CHRIS REINHARDT



STEELE

Children at work making the elaborate Thai Dragon kite during class held at Go Fly a Kite

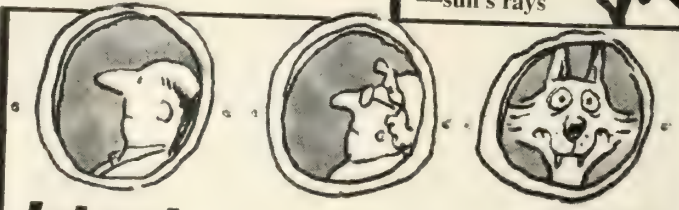
Keep slack on the kite's face side. This is the bridle. Pull bridle to a 45-degree angle and tie a loop by wrapping string around a finger. Attach your flying string to loop and it's ready to take off. Instructions from Go Fly a Kite, 1434 Third Ave., New York, N.Y. 10028.

Sun Day school

■ Wednesday, May 3 will be "Sun Day," day devoted to the discussion of solar energy on a nationwide basis. The d is being organized by So Action, Inc., a group Washington, D.C., that f cuses grassroots efforts t ward solar energy chang The day will begin wi sunrise concerts in ma parts of the country inclu ing the United Natio building and on Cadill Mountain in Maine whe the sun's rays first touc America. Lectures, sympo siums, films, fund-raisi parties, even tours of sola powered homes have bee planned in cities and town across the country. Se newspapers to find out th schedule solar energy en thusiasts in your town hav prepared.



Hands raised —sun's rays



© BOOTH 78

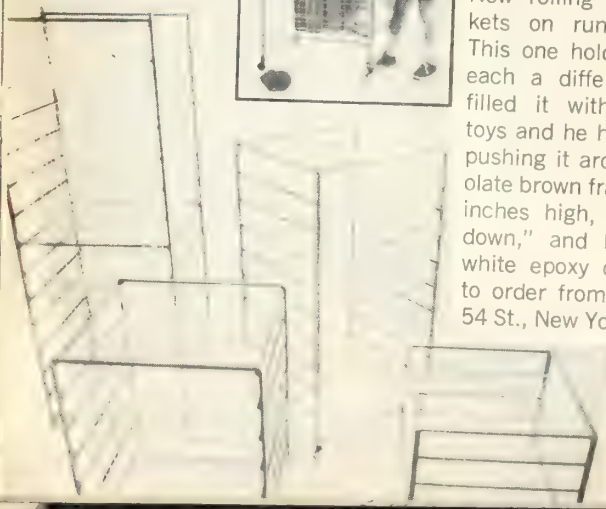
Find!

TOM YEE



Wheel away

■ Where do you put the magazines, the toys, the anything you want to store, and still have easy access? New rolling carts with baskets on runners will help. This one holds four baskets, each a different depth. We filled it with David Allan's toys and he had a great time pushing it around. The chocolate brown frame is steel, 41-inches high, comes "knock-down," and has baskets of white epoxy over steel. $85 to order from Seabon, 54 E. 54 St., New York, N.Y. 10022.



Easy-to-move storage carts

Jet pet

■ "When you travel, changes in water, food, and climate can affect your pet as much as they affect you," says Dr. Leonard R. Levine, New York City veterinarian. "If your pet is not used to flying and you are only going for a short time, it may be best to leave your pet with a reputable kennel." However, if you must travel with a pet, plan ahead.

Many airlines welcome small dogs, cats, or birds in the cabin during flights. Request "Pet Approval" when making reservation.

In cabin, pets must be in a carrier approximately 19 by 13 by 7½ inches, which you for about $5. The largest pet allowed measures 8 inches paw to shoulder. The charge varies from $10 to $19.

Your pet should have a current certificate of health from a veterinarian and dogs need proof of rabies vaccination. Check your vet to see if there is anything special he recommends.

Don't feed your animal just before leaving; feed lightly after arrival until it has adjusted.

These airlines permit pets in cabin: Air New England, American, Aspen, Braniff, Continental, Eastern, Frontier, Hawaiian, New York Airways, North Central, Northwest Orient, Pan

Ablaze!









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The E.P.T.™ In-Home Early Pregnancy Test is a private little revolution any woman can easily buy at her drugstore.

It is highly accurate. Millions of women today in 13 European countries use this testing method. Now its high accuracy rate has been verified here in America by doctors who clinically confirmed the results of tests performed by women themselves in their own homes.

That means you can confidently do this easy pregnancy test yourself—privately—right at home without waiting for appointments or delays. That simple difference is the result of many years of costly research. And it's worth every penny.

At last, early knowledge of pregnancy belongs easily and accurately to us all. It's simple. Fast. And there is no risk, no physical danger whatever, in doing it because a sample of your first morning urine is all that's needed for the test.

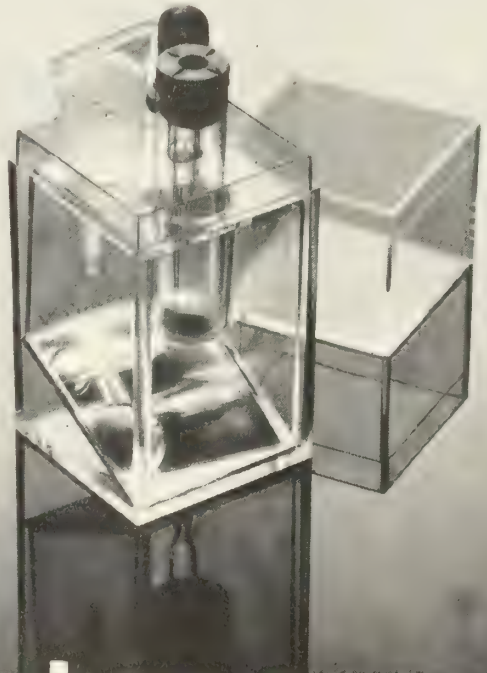
As soon as you become pregnant, your body starts to produce a special hormone—HCG. Starting on the 9th day after the date you expected your menstrual period to begin, there should be sufficient concentration of HCG in your urine to give an accurate reading of pregnancy. And that's all there is to it. Follow the test directions with care, and three drops of urine can tell you quickly and easily what you want to know.

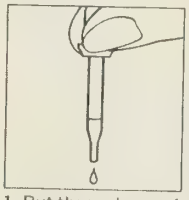
If you get a positive reading, you can assume you are pregnant. Such positive pregnancy readings in our clinical tests proved to be 97% accurate. If your reading is negative, your overdue period should begin soon. If a week passes and you still have not started menstruating, you should take a second E.P.T. test because there may not have been sufficient HCG in your urine at the time of the first test, or you may have miscalculated your period. Negative readings on a first test are about 80% accurate; on repeat testing one week later they are 91% accurate. If your second test result is still negative and your period has not begun, we urge you to consult your doctor as soon as possible.

E.P.T. is very simple to do, but it is important that you follow the instructions carefully to insure an accurate reading.

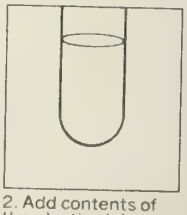
E.P.T. Early Pregnancy Test gives women a new power, the power of time to help control the quality of their pregnancies.

The first 60 days are critical in fetal development. Improper nutrition, cigarettes, alcohol, even commonly used household medications can be harmful in these crucial first 60 days before most women even know for sure that they are pregnant. Now with E.P.T. you can know. Now, when you call your doctor, you have the results of your test to report. And time is on your side at last.

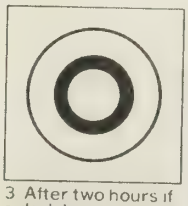




1. Put three drops of urine into the test tube.



2. Add contents of the plastic vial, shake and place test tube in holder. It must remain undisturbed for two hours.



3 After two hours if a dark brown ring is visible in the mirror, that indicates an active pregnancy.



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■ QUESTIONS & ANSWERS

ANTIQUES

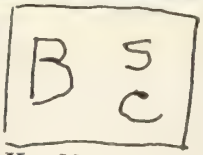


BY LOUISE ADE BOGE

American coffee service



From the mark and photograph, can you identify the firm or the designer who was responsible for making my coffee service? R.L.H.—Naples, Fla.



Your urn-form coffee service of octagonal plan bears the sterling silver mark of the Barbour Silver Co., which was established in 1892 at Hartford, Conn. In its 1893 catalogue, comprising more than 100 pages, only five were for sterling silver holloware, the remaining being for plated silver. The company was one of the original firms to become part of International Silver in 1898.

Boston State House plate



My blue plate bears the impressed mark "Rogers." That's all I know about it. Can you tell me more?

M.K.—Lakeview, Conn.

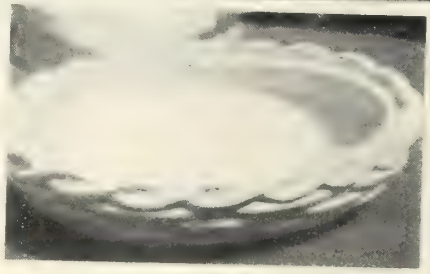
The impressed surname mark "Rogers" was that used by the English Staffordshire potters John and George Rogers, c. 1784-1814, and subsequently by J. Rogers & Son, c. 1814-1836. Many fine blueprinted objects are found with this mark, the majority being of the 1800-1820 period. Apparently Rogers produced four views of America, three of which depicted the Boston State House with floral borders. Your plate dates before 1815, the year a storm destroyed the old fence high posts around the Common; later pictures show the fence was restored, but with improvements.

Parian porcelain



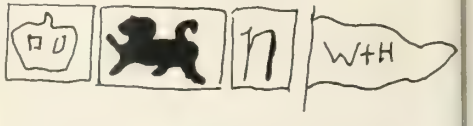
Do you have any idea how old my porcelain dish is and where it originated?

D.B.L.—San Juan, P.R.



Your parian porcelain chicken on nest is of English provenance, probably dating about 1850. The nest is very well done, as it was usually not woven but rendered more simply, often like a picket fence.

Sheffield mark



From my drawing of the mark that's on my 14-piece English antique epergne, can you tell me who made it and about when? A.C.C. Jr.—Northport, Ala.

Your centerpiece was made by the Victorian silverplaters, Walker and Hall, of Sheffield, who later, in 1900-1901, registered their mark as manufacturers of sterling silver. According to the set of hallmarks, Walker and Hall made your sterling silver centerpiece at Sheffield in 1905-1906.

Continued on page 24



Illustrated is "Cherrywood" Stemware in Gorham full-lead Crystal. Wine and Water Goblets, $16.95 the stem, suggested retail price. Iced Beverage Goblet, $19.95. Cherrywood Iced Beverage Pitcher, $70. Footed Bowl, $140. Wine Decanter, $60. Salt and Pepper, $32.50 the pair. Butter Dish, $27.50. Cruet, $31.50. Sugar and Creamer, $30. All in magnificent "Cherrywood" full-lead Crystal by Gorham, Providence, R.I. 02907.

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SELF

Sneak preview

of a new magazine from the publishers of Vogue, Glamour and Mademoiselle

No—we can't tell you exactly what will be in Issue One of the first new publication from Condé Nast in nearly 40 years.

That's still top secret.

But we can tell you this:

If you like the self-improvement articles in VOGUE, the self-help guides in GLAMOUR, the self-knowledge quizzes in MADEMOISELLE...

...You'll love SELF—a monthly "how-to" guide to help you develop total health and fitness of body, spirit and mind.

SELF will be brimming with tips on new ways to higher energy, vitality, joy and an overall sense of physical and emotional well-being in your life.

Self-shape-up. Here, at last, is a realistic magazine full of new ways to feel (and thus look and do) your best. New ways to get exercise even if the very word gives you chills. New ways to diet, even if you eat at McDonald's, Chinese, French and Italian restaurants. How to find a sport you'll love because it's in tune with your personality. How to walk to keep fit, calorie-proof your shopping list, and give a super-easy, low-calorie party.

Self-care. You'll learn to make the most of your natural individual good looks. How an iron-rich diet can give you a healthy glow. How to make your clothes reflect your personality. A routine to preserve your skin's health and beauty for a lifetime. You'll learn how to tell if you need vitamins. How to be your own medical diagnostician. How to choose a contraceptive that's right for you emotionally.

Self-expansion. SELF will tune you in on breakthroughs in science and medicine you'll want to know about and talk about. How leading medical researchers say we have more power than a physician to cure our own ills. How sexologists have found new ways to fulfillment in "transcendental sex." We'll tell you where to learn yoga, photography, or how to start a business. About relaxing mini-vacations that can also teach you to improve your sports ability, develop your own creative abilities, glide, sail, survive in the wilderness.

Self-awareness. With guidance from experts, psychologists, therapists, SELF will help you explore your self-perceptions, needs, desires, talents and make the most of them. How to rate your body and mind self-image, make a poor self-image work for you. You'll learn from others how they and therefore **you** might cope with a bad marriage or job situation. From candid articles by celebrities you'll discover how people in the limelight deal with difficulties: for example, how Dick Cavett or Carol Burnett developed self-confidence.

Self-reliance. SELF will help you with career and money matters. We'll guide you to such things as medical insurance, mortgages, investments. You'll come to understand the views of others. We'll explore with you how to work with and live with men—real men, not stereotypes; understand why he tells you about other women, or what he sees in centerfolds, and how to get him to be himself with you.

There's even more to SELF. And in addition we'll share with you what's new and exciting in arts, movies, sports, travel. Give you excerpts from the latest best-sellers. Do some fascinating people-watching in Washington, Hollywood and on Broadway.

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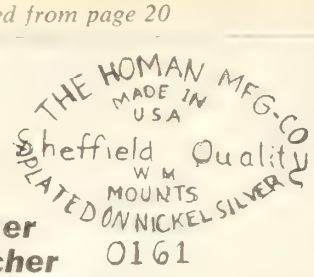
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Publication date slated for January, 1979. 4H8C

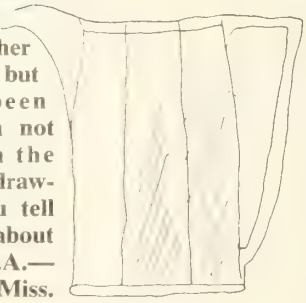
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continued from page 20

Silver pitcher



I thought my old pitcher was pewter, but since it's been cleaned, I'm not sure. From the mark and drawing, can you tell me anything about it? M.H.A.—Sessums, Miss.



It is not pewter. The mark indicates that you have a plated silver pitcher which was made by the Homan Manufacturing Co., which was active at Cincinnati, Ohio from about 1904 until 1942. Your pitcher is probably an early piece. The reason that you thought it might be pewter is because the plated silver has practically worn off. We would suggest you take it to your best jewelry and/or silver store and have it replated.

American tea service



I would like to know something about the origin of my 6-piece silver tea service. I have drawn the mark that is on the bottom. G.W.S. Jr.—Topeka, Kans.

Your plated silver tea service was made by the Wilcox Silver Plate Co., which was active at Meriden, Conn. from 1865-1898, when it merged with the International Silver Co. Your service probably dates about the 1880s or 1890s.

Renaissance-style chair



Can you tell me anything about the style of this ornate old chair, which we bought in a second-hand shop? B.G.—San Antonio, Tex.

Your tall, rectangular side chair with quadrangular supports and a wood seat has been copied from a distinctive type of late 16th-century Italian Renaissance chair. In the original model, the uprights were surmounted with carved finials; the back consisted of two and sometimes three broad, ornately shaped and carved, decorative crosspieces, and a similar crosspiece joined the two front legs. Your chair is of recent manufacture.

Victorian glass



I would appreciate anything you can tell me about my colored glass vase. J.E.L.—Dallas, Tex.

Your colored-glass vase is a characteristic Victorian product, dating about the 1850s. It is a kind of art glass, which was made both in European and American glassworks. This glass is generally attributed to Frank Latham, who, we understand, worked at the Boston and Sandwich Glass Co., which produced about every type of fashionable glassware during the 63 years it was in operation (1825-1888).

Antiqueries



Copies of Louise Ade Boger's book, *House & Garden's Antiques: Questions & Answers,* which contains more than 900 fascinating items chosen from past columns, all conveniently arranged by category for easy reference, can be purchased for $10.95 a copy, plus 45¢ to cover the cost of postage and handling. To order a copy, please write to: Condé Nast Books, Post Office Box 3308, Grand Central Station, New York, N.Y. 10017, enclosing your remittance and correct mailing address.



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FINANCIAL PLANNING BY OBJECTIVE

A new technique for putting your finances in order and eliminating money worries



BY PAUL GROSS

Personal finance is one of those terms that get tossed around so much that its meaning becomes vague. James D. Schwartz, a personal financial planner in Denver, probably has the best definition around: "Personal financial planning is merely a way of achieving your life goals." It may help to put it in perspective by looking at the four broad areas it is concerned with:

Asset protection. Insurance to cover you and your family against the loss of your house, other types of property and even yourself. Whether you like to think of yourself that way or not, you are a financial asset to your family if you earn money. Hence, you need health, disability, and life insurance to cover the possibility of something happening to you.

Asset accumulation. Funds for your retirement, your children's education, or nest egg for investments.

Asset conservation (living). Strategies for keeping more of your income by saving as much as possible through tax planning, investing in a house or some other type of tax shelter, and tax deferral through pension and profit-sharing plans.

Asset conservation (death). Provisions for your spouse and family after you die. This involves making sure that there's enough cash on hand to meet their immediate needs, as well as making sure that you draw up a good will so that your property is passed on to them as efficiently as possible.

Because most of us have either failed to establish a reasonable game plan or have set unrealizable goals, Schwartz and other financial planners recommend personal financial planning by objective —PFPO.

It's somewhat similar to management by objective, a technique that has proven successful in managing businesses. The only difference is that PFPO also involves some psychology. You have to figure out where you want to go and what you're willing to pay to get there before you can choose a means of getting there. The idea is to work up a plan that fits your needs and resources to reach practical goals. That will help avoid the commonly made mistake of getting so lost in the labyrinth of personal finance that we lose sight of what it was that we wanted to achieve. It can be a very costly mistake because it means that your personal financial portfolio o insurance policies and investments con sists of what you've been sold, not wha you have bought.

So the first step is to figure out wha you want. And that can be trickier thar you may realize. You have to refocu your thinking to come up with attainable wants, not a wish list of unrealizable fantasies. And that takes help. If you don't have a personal financial advisor with whom you can work out a plan, work with your spouse and trusted friends. And even if you do have a personal financial advisor, you'd be wise to bring your spouse in on these planning sessions. For one thing, your planning sessions will affect your spouse's financial future as much as yours. For another, your spouse will be able to give you some valuable psychological feedback—which is absolutely essential. Additional insights are invaluable because the way we perceive ourselves and the way others see us are often a Jekyll and Hyde apart. For example, you may think that you're willing to take a reasoned risk in stocks in return for a shot at a hefty capital gain. That may or may not be an accurate assessment. Your spouse should be able to tell you if it is. Moreover, he or she will be able to give you equally vital information. Let's say that everyone agrees that you have a taste for risks. That only partly suggests speculative investments. To succeed with a speculation, you also need other characteristics such as the willingness to keep track of your investments, the wisdom to weigh all the information, and the courage to bail out of a losing situation or take your profits and run if the investment turns out to be a winner. Setting a reasonable goal for profits and sticking with it is just as important as having the courage to get out of a losing situation. As an old Wall Street maxim puts it: "Bulls can make money and bears can make money, but pigs seldom do."

Let's take another example: Providing for your family in the event that something happens to you. There are a staggering number of options. You could buy a whole life-insurance policy with a huge face amount. (Whole life insurance has a built-in savings plan called a cash value build-up.) That would be okay if you found that you had

Continued on page 30

BUDGETING: 4-POINT SPENDING PLAN

Budgeting is one of those things that we all know we should do, but have an awfully hard time actually doing. Financial planner James D. Schwartz has some suggestions that might make it easier for you. For one thing, he recommends thinking of it as a spending plan, rather than as a budget. Psychologically, that will take a lot of the pain out of it—especially as you make progress towards your goals. For another, he looks at it in a completely new way. Most budgets have a number of different categories such as rent, food, utilities, entertainment, and so on. Schwartz's spending plan consists of only four categories. They are listed below according to the degree of control you have over them.

Involuntary expenses are costs such as property and income taxes, social security withholdings, and other items that we can't control.

Fixed monthly expenses include rent or mortgage payments, car payments, commuting costs, and other fixed bills that have to be paid month in and month out.

Flexible monthly expenses include travel costs, gasoline, food, utilities, laundry, and so on. This is also where investments come in. As Schwartz puts it, investments are really an expense, not just what's left over. Plan to spend a certain amount each month on investments and you'll have a handsome sum after a while.

Irregular expenses cover the cost of home repairs, replacing clothes, and even your insurance premiums. Schwartz suggests setting up a separate account for these expenses. If you contribute a set amount to this account, you should always have the money to pay for clothes, home repairs, and other costs that are almost inevitable—and hence should be planned for.



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That's how we feel about our furniture, too. And it's why I fell in love with the things at Ethan Allen. They seem committed to making really fine furniture, in styles that never go out of style, like this Canopy Bed from their Heirloom Collection.

When I think about what life was like years ago, when people cherished their few possessions, I realize it's not so different now. Nick and I think about every piece before we buy it, to make sure we get the kind of quality and value we want. You can tell just by looking at it, this furniture is going to last a long time–I bet Jamie inherits this bed! Then it really will be an heirloom."



You know, when our friends come over they can't believe we own such good furniture. When I tell them it's all from Ethan Allen, they're even more impressed. They don't realize that in the long run, buying good furniture from the start is one of the best investments you can make.

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continued from page 28

trouble saving money or if you didn't like investing. The cost you pay is higher insurance premiums. However, if you find that saving money is not a problem and you're quite successful as an investor, you'd probably be far better off with a term insurance policy with the same face amount. (Term insurance is pure insurance—it only pays if you die—and hence is cheaper than whole life insurance.) You could then put the money you'd save by buying a term policy into a savings account or into investments. Over the long-term you'd have just as much insurance protection plus a sizable nest egg from the money you saved in premium costs. Alternatively, you can buy less insurance and put even more money into savings or investments. It all depends on your health, appetite for risk, the feelings of your spouse and family, your self-discipline, and other factors.

There are some handy techniques to help you get a fix on your psychological parameters. Schwartz suggests drawing up a wish list that also includes reservations or complaints. These are the "I'd love to . . . but" statements that almost all of us use when thinking about t future. For example, you may have so of the following statements on your li "I would love to retire to a farm wh I'm 55, but I don't have enough mon to do that." Or, "I'd love to invest in re estate, but I don't have enough mon saved to make a down payment." A finally: "I'd love to send my children Ivy League schools, but I don't know I can swing it." The reservation or con plaint, in effect, sets the objective. If yo really want to retire to a farm when yo reach 55, raising the nest egg to do tha becomes your objective. If that can b achieved and you're willing to pay th price for that dream, the rest is pur technique.

Whether you can achieve the objec tives you've set this way depends o your financial and emotional resources In addition to getting your spouse' opinion, you should try to list the way you think your spouse, accountant, law yer, banker, and others would criticize you. Really let yourself go and spon taneously write down key words such a

Continued on page 32

8 PRINCIPLES FOR FINANCIAL CONTROL

Personal financial planning by objective, PFPO, can be broken down into broad principles—eight if you're working with a personal financial advisor. They are:

1. Determining and setting realistic goals. For example, you may find that setting aside enough money to send your children to a good college is a reasonable goal, while funding their education at a costly Ivy League university is unreasonably ambitious.

2. Formulating plans to achieve the goals. That might, for example, involve budgeting a certain amount each month for savings or investments.

3. Setting up a system to monitor and measure your progress. This is vital. Most people don't get ahead because they don't keep track of their assets. When something does go wrong, they're usually oblivious to what has happened and hence suffer the consequences. What's worse, they don't have a good fallback position. It's important to have an alternate plan, if things don't go as you planned.

4. Deciding rationally, rather than rationalizing decisions. That will help you avoid what Schwartz calls "the good deal syndrome"—those bargains that wind up actually costing money. For example, buying an annuity because its terms are fabulous, even though you don't really need an annuity.

5. Using your resources effectively. This simply involves determining what you need to do to reach your goals, given your resources.

6. Using your resources efficiently. Once you've decided what you can do, you have to find the right way to do it. For example, if you have found that you need $150,000 of life insurance, you now need to find the best policy for that money.

7. Common understanding. You, your spouse, and your advisors all have to understand what's going on, what the plan is. Sounds simple. It's not. Often people don't use the same language when talking to one another. For example, if your broker says a particular investment will give you a decent return on your investment, you may well have visions of 12 percent rates of return in your head, when all *he* meant was that you might get a 7 percent return.

8. Make sure your plan is custom-designed for you. If you're working with a personal financial advisor, be sure his suggestions are tailored to your interests. Many advisors would rather try to make you fit their plan.



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Financial planning
continued from page 30

"lacks follow through," "too ambitiou "too greedy," or "too frightened of risk Then review the list a day or two lat so that you can go over it as dispassio ately as possible. You'll be amazed how objective you can get by listing wh you think are the objections of others.

Now you're ready to weigh all th factors and decide which objectives yo can reasonably pursue. This involves series of trade-offs. You're going to hav to give up certain things, at least tempo rarily, to pursue others. And that's as should be. It helps put your objective in order of priority, which will help yo avoid wasting a lot of time and effo chasing after minor goals.

The beauty of this type of system i that it gives you a unified and integrate plan. That by itself gives you an advan tage. For one thing, you will avoid costl duplications of effort—say, three insur ance policies where one would b cheaper and more effective. For another it lets you monitor your progress mor effectively. And that's an important ele ment of this system. As Schwartz puts it: "The key to success is to obtain timely continuous feedback, allowing one the option to correct or modify tactics and minimize potential losses." It is, in effect, a financial map that is designed to let you know where you are so that you can track your progress toward your goals.

That's especially important in these days of shifting politics, erratic stock and bond markets, new tax laws, and other "environmental" factors. These environmental factors are the framework in which you will have to work. And do note that changes in your family are also environmental factors, which have to be taken into account. For example, your estate plan will have to be changed if there are any births, deaths, marriages, divorces, and inheritances.

One of the greatest benefits of this type of personal financial planning is that it tends to perpetuate itself. The plan becomes almost automatic. As the psychologists put it, the plan involves three key elements: unfreezing, changing, and refreezing. (The psychological factors are extremely important, even though most of us tend to disregard the word "personal" in personal financial planning.) Unfreezing or thawing out established behavior patterns happens almost automatically when you set up the plan. You are moving from the haphazard to the planned—and hence are changing the habits which have probably hindered your financial success. Changing occurs as you monitor the plan. You're replacing one type of behavior with another. As that continues, you refreeze or establish a new pattern of behavior. ■


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Exercises from expert Barbara Pearlman for indoor and outdoor gardeners or anyone who wants to make chores do double duty. By Caroline Seebohm

SUMMER SHAPE-UPS





eft: Barbara Pearlman lifts a heavy watering can and keeps the eight close to the hip; lower shoulder to reach.





Right: The correct crouch keeps your back straight; after gardening, relax by dropping from the waist, swaying shoulders and arms.

Now's the time when gardening buffs are getting down on their es, bending their backs, and stretching every muscle in order to reap the ards of nature's fruitfulness. Do utiful blooms, lustrous colors, heady nts, rows and rows of fresh green etables float before your eyes as the ult of your labors? Or are you rather eady bracing yourself for the aches d pains that seem inevitably to accomy the joys of gardening?

Exercise expert Barbara Pearlman, ose book, *Barbara Pearlman's Dance ercises,* has just been published by ubleday/Dolphin, recalls how she ched last summer on a variety of getables from a friend's garden. crumptious, delicious," she murmured th every other bite. "Not if each radi evokes memories of pruning pains d weeding weariness," remarked her stess.

"The trouble is," explains Mrs. Pearlan, "that people *abuse* their bodies hen they rush out into the garden as e weather improves. They are just like eekend athletes—making sudden deands on their muscles and joints that cannot be met without penalty." It's not that gardening is bad for you. On the contrary, according to Mrs. Pearlman, gardening is a very good way of getting exercise. "You inhale fresh air, you oxygenate your body, and you stretch your body in ways that can do it a lot of good." The problem is that if you start doing it all at once, your body is not ready. Ideally, all year-round exercises should be your goal in order to have a happy gardening season. As Barbara Pearlman says, "Hours spent working among the lettuce and lilacs need not be agonizing. However, to garden—or do most kinds of work around the house—and not abuse your body does take a bit of common sense, muscle flexibility and adherence to some fundamental rules:

1. Never lift anything at arm's length, with knees locked. Instead, bend your knees, bringing the object close to your body. Then lift it by straightening your knees. By doing so, the strong thigh muscles bear the majority of the weight . . . *not your back.*

2. Carry heavy or bulky objects as close to your midline as possible.

3. Try to use *(Continued on next page)*

Exercises

1 Stand erect, legs together. Raise left knee to chest, hands clasped around knee. Gently pull knee close to body. Hold for 3 slow counts. Release and repeat on other leg. Repeat, alternating sides 10 times.

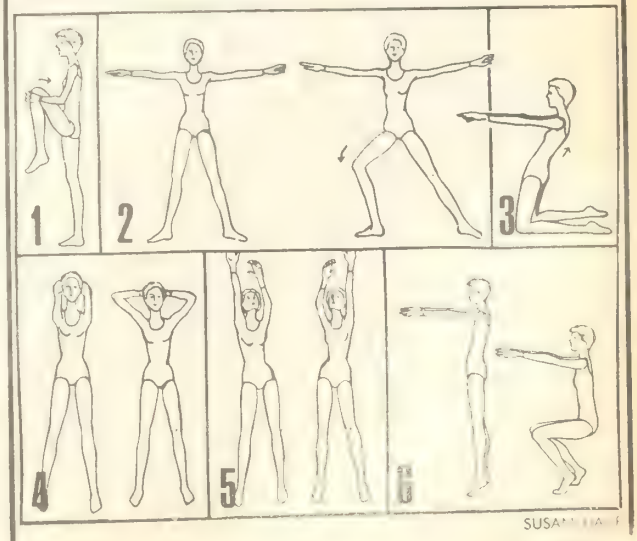
2 Stand with arms extended to sides at shoulder level, legs comfortably apart, feet slightly turned out. Bend right knee, shifting weight to right. Keep shoulders in line with hips. Hold for 2 counts, then resume original position. Repeat to other side. Repeat, alternating sides 10 times.

3 Kneel with legs slightly apart, arms extended in front of chest level. Keeping back straight, ease body back slowly, as far as possible. Do not strain. Hold for 3 counts, return to starting position. Repeat 4 times.

4 Stand with legs apart, hands clasped behind head. Draw elbows together, then slowly open them as far as possible. Repeat 12 times.

5 Stand with feet apart and parallel, arms raised over head. Alternating sides, reach higher and higher (as if climbing a rope). Repeat 8 times. Shake out arms vigorously and repeat again.

6 Stand with feet together, arms extended at chest level, palms facing down. Rise to toes, keeping back straight. Next, bend knees, lowering body slowly to an almost squat position. Hold 3 counts. Slowly resume original position. Repeat 5 times without allowing heels to touch the floor.



SUSAN LIA

elow: Relieve strain from neck and shoulders by clasping hands behind the ack and stretching up and down; lean backward from the hip to strengthen thighs. These photographs were taken in "The Garden of Enid" a greenhouse given by Mrs. Enid A. Haupt to The Institute for Rehabilitation Medicine in New York City.





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Blistik—
The lip shield

continued from preceding page

alternate arms when digging, weeding, planting, etc. This prevents the stress from being placed on only one side of your body.

4. Avoid remaining in the same position for too long.

5. Periodically, take time out for a slow stretch. Or, relax your head, neck, and shoulder area by doing a slow head roll or shoulder rotation. Both can do wonders for quickly relieving stiffness and muscle fatigue.

6. Stop before feeling overly fatigued. Take the signals from your body. Use it! Don't abuse it!

"In order to derive maximum pleasure (and minimum discomfort) from your garden chores, it does help to be as fit and flexible as possible. The easy-to-follow warm-ups, shown on page 35 have been specifically chosen to limber you up for the rigors of gardening. All six exercises are based on slow stretching which develops greater agility and muscle suppleness. Practice the movements daily, beginning today, and, if you can, keep them up all year-round. Then you'll always be in top form."

Gardening and your well-being

The pleasure you experience while gardening is a lot more than just physical. Besides the visual stimulation and the wonderful relaxation that comes from being outdoors, gardening can be a constructive outlet for creativity or frustration. It is not surprising, therefore, that some therapists, like horticultural therapist Mary Mandeville at the University of Michigan, find gardening a very successful health prescription for physically disabled and emotionally disabled patients. By implication her successes have significance for healthy, active gardeners, too.

"Since you are working with a living medium, you discover a basic pleasure in seeing things grow. Plants respond to *your* treatment. This means that you learn to take responsibility, because they depend on you. This goes for children, the elderly, people with psychological or emotional problems because it reestablishes an investment in the future, a study in the importance of continuity," explains Ms. Mandeville.

At The Institute for Rehabilitation Medicine, popularly known as New York's Rusk Institute, the focus is very much on horticulture as a means of therapy. Horticulture therapist JoAnn Hiott, who has studied botany, horticulture, and physiotherapy describes some of the activities that take place during a session with a patient. "We mix soil, take and root cuttings, start seeds, dry flowers, make terrariums, and cut weeds as ways of developing hand and eye coordination, improving spatial perceptio studying and developing dexterity of t hands and fingers where the patie needs it. Our horticultural therapy p gram is conducted in a nontechnic nonthreatening, and nonclinical envir ment. There's a special kind of relief th comes with a patient's progress towa self-sufficiency and self-reliance. Wh they learn here they can do at home f recreation as well as physical exercise

Is there someone you would like start a "gardening therapy" program fo If so, "make the first effort easy," a vises Mary Mandeville. "For exampl start with, say, coleus cuttings. They a easy to grow and you can see results only a couple of days. Or start a simp windowsill garden of herbs, which sme wonderful, or with begonias that a fairly hardy and, also, flower. These a ways children and grownups alike ca immediately see how their personal ca can reap wonderful rewards." ■

Beauty and health products new this month in the stores

A fragrance-free, simple skin-care sys tem which looks after skins that are com binations of dry and oily areas is bein introduced this month. **Montage** is complete line of treatments and make ups in which each product does tw things at once—absorbs excess surfac oils in oily areas and replaces lubricant that are lacking in other parts of the face The treatments include a cleanser, mois ture balance, a light night cream, a mask a toner, and a light facial soap. Each in cludes powders to absorb, lubricants t soften, and humectants to balance the humidity of the air with your skin's own natural moisture content. The liquid products come with a push-pump appli cator so you get *exactly* the amount you need. The makeups continue the treat ment and are reasonably priced, from $3.75 to $5. The array of colors—lip sticks, eyeshadows, and nail enamels— is tremendous. There are 220 to choose from and they're available for you to try from a huge saucer-shaped tester. Mon tage is at Bloomingdale's; Sander-Harris; Burdine's; Lazarus; Abraham & Straus.

Good things come in threes—luck, surprises, sometimes even presents. *Estée Lauder's* contribution to the truth of this saying takes the shape of fragrance— **The New Romantics.** They're three dif ferent scents that comprise a fragrance wardrobe in themselves. "White Linen," "Celadon," and "Pavillion." What's real ly new is that the scents "layer." You can wear one, two, or all three right on top of each other—they work ingeniously,

Continued on page 38

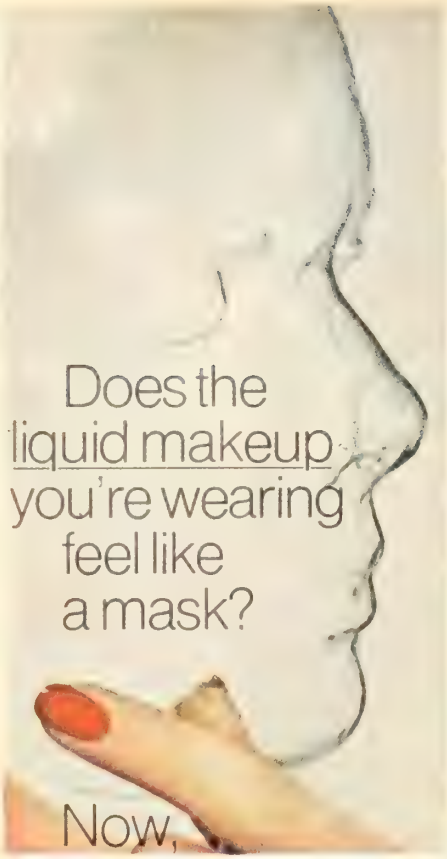
As a woman, developing and maintaining your beauty requires time, commitment and discipline. And that's especially true when it comes to the care of your skin. Understanding its complex nature and how to deal with it are basic to keeping it clean, healthy looking and beautiful. No magical cream or secret potion can produce the results you get from daily skin care with the right mix of scientifically formulated preparations.
This is the philosophy of Erno Laszlo Skincare. Based on your answers to some important questions, a skincare ritual using our exclusive formulas is designed for your needs by a trained Erno Laszlo specialist.
But its success depends upon you. Faithfully following the ritual means devoting ten minutes a day to a proven system that cares for your skin. Clean, healthy looking skin doesn't happen by magic. It begins when you meet with an Erno Laszlo specialist.

The Erno Laszlo Institute

There are no short cuts to clean, healthy looking skin.



I.Magnin



Now,
from Maybelline,
a silky liquid
makeup that
really feels as
good as it looks!

'Moisture Whip'® Liquid Makeup has a delicate feel—doesn't feel taut or dry. Continuous moisturizing action helps keep skin supple, protected, glowingly fresh. In 6 fresh shades.



'Moisture Whip'
Liquid Makeup
Maybelline
Fine make-up sensibly priced.

just the way modern "separates" work with your clothes. The fragrances are stronger than eau de cologne, but not as strong as perfume. From $6.50 to $8.50 for the purse Parfum Natural Spray; $12.50 to $18.50 for a 2½-ounce feels-great-in-your-hand bottle. Find the trio at fine department stores everywhere.

What ever could be done to improve mascara? How about curving the brush? **Professional Mascara** is new from *Cover Girl* and the brush is a semi-circle *which* really makes it easier to cover and coat your lashes. If you curl yours, the curved brush helps get the color on faster so they "set." $2.25 each in black, black/brown, and brown at drugstore counters everywhere.

For those who love soap-and-water clean, there's a new ivory bar that lathers with water in a rich, creamy wash for normal-to-dry skin. **Revenescence Moisture Rich Treatment Bar** has encapsulated moisturizers plus cleansers that help keep skin supple, an especially good thing to have in a cleanser during the sun-parching summer months. The bar comes in a sleek, black covered dish to take with you everywhere. $6.50 for a 6-ounce bar, by the *Charles of the Ritz Group*, at fine department stores across the country.

Last spring a new fragrance appeared from *Chanel* called Cristalle that was an instant hit. This spring the fragrance will be translated into **Cristalle Body Lotion** and that same crisp, bright scent that lasts and lasts zings right through. Great for after bath or after sports, the lotion contains no alcohol, either. 4 ounces for $8 at department stores.

For active, outdoor sports-loving people, there's a new product to protect their hair from excessive sunlight and heat. It's called **Hair in the Sun** and it's loaded with vitamins, natural oils, and even PABA to increase your protection. $6 by *Vidal Sassoon* at department stores.

PAULA RICE JACKSON

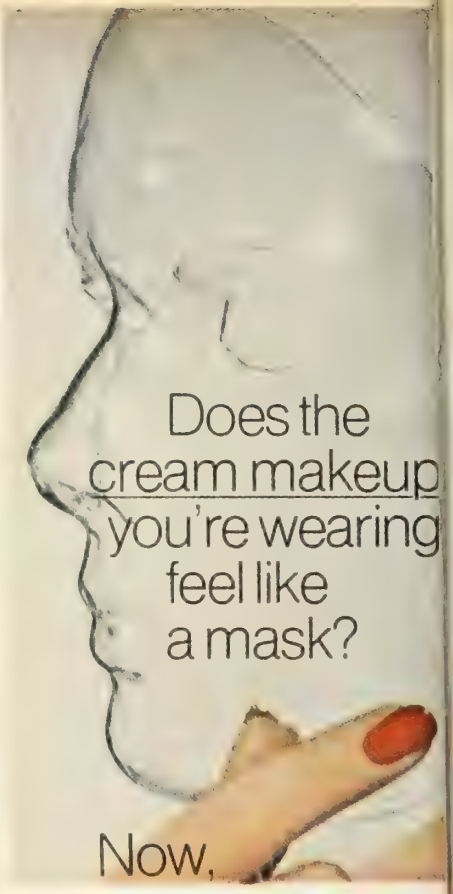
Your Fragrance and Herbal Almanac



The sign: **Taurus**
(circa April 21-May 21)

Among the Taurean herbs are pennyroyal, goldenrod, and cowslip. Flowers identified with Taurus are violets, daffodils, and the peerless rose, dedicated to the goddess of love by the Greeks, planted throughout the Empire by the Romans, who favored it above all others. The rose has been used for adornment, for symbolism, and even for medicine for thousands of years. A true-to-nature essence is *Tea Rose* by Princess Luciana and every Taurus will love *Joy*, luxury realized by Jean Patou. Taurean men agree that *Moustache* by Marcel Rochas is grand.

MARIA REACH



Now,
from Maybelline,
a soft cream
makeup that
really feels as
good as it looks!

'Moisture Whip'® Cream Makeup, with continuous moisturizing action, helps hide tiny lines and flaws, keeps your skin dewy-fresh! So light, it blends smoothly with your natural skin tones, in 6 natural-looking shades



'Moisture Whip'
Cream Makeup
Maybelline
Fine make-up sensibly priced

Once a week is not enough.

If you have dry skin,

you probably think the ultimate treatment for it is a long soak in a tub with bath oil. But your busy schedule may only permit that luxury once a week. And that's not enough.

Dry skin needs help every day. Every time you bathe or shower. Or it gets itchier, scalier, harder to live with. And that's why Neutrogena® Body Oil was developed.

Neutrogena Body Oil is a new concept in dry skin treatment, for women who don't have time to soak in a tub. It's a pure, light, natural sesame oil formula that gives you the "soaking-in" benefits of bath oil, but in a non-greasy form, so it can be put directly on your skin.

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It's more expensive to put sesame oil in our formula, but the results are well worth it to your dry skin. Try it today. And tomorrow. You'll want to use it every day. Because nothing will make your dry skin feel better.

Neutrogena® Body Oil

THE DRY SKIN TREATMENT YOU CAN USE EVERY DAY

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TELEPHONES:
BRAND-NEW CONNECTIONS

News about giant projection TV systems, plus how TV works as a tornado warning device



BY DAVID LACHENBRUCH

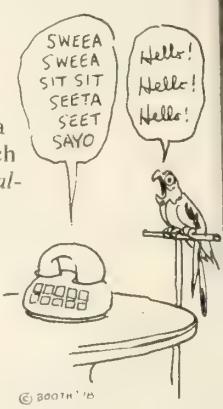
Q What are some of the new telephone services that are available?

A Thanks to the capabilities of new electronic switching systems, some telephone companies now offer four "Custom Calling Services." *Call Waiting* lets you know that somebody else is trying to get through to you when you are talking on the phone. There will be two short tones, 10 seconds apart. Depressing the switch-hook puts the first call on hold, so that alternate conversations can be held, each one private. The signal tones are heard only by the party being called. The caller hears the regular ringing signal. *Call Forwarding* automatically transfers incoming calls to any other phone designated. A dialed code is used to indicate the number to which the call should be transferred. *Three-way Calling* permits three people to talk together from different phones. The third party can be called and added to any conversation while it's in progress. *Speed Calling* is a fast way to dial frequently called numbers by using one, two, or three digits instead of the usual seven or ten. Each user of this service may have 8 or 30 preselected numbers programmed into the phone company's computer.

These services are available at only some of the Bell System's exchanges—those using electronic switching. Each service costs an average of $2.25 extra per month.

Q What are the advantages and disadvantages of owning your own phone?

A A decision by the Federal Communications Commission, upheld last year by the courts, permits anybody to buy and connect telephone instruments. Principally, the advantage, aside from the wider variety of styles available, is that eventually you save money buying your own phone (assuming nothing goes wrong with the instrument). The disadvantage is that if something does go wrong, you'll have to take it to a repair shop. With a rental instrument, of course, the telephone company maintains the phone quickly and efficiently, replacing it if necessary without extra charge. The Bell Telephone Companies, which opposed the proposal to let consumers own their own phones, are now meeting the competition by setting up "Telephone Stores," which offer hybrid phones. The customer buys the outer shell of the phone, but the phone company continues to own the interior machinery, which it services just as it does its rental telephones. However, what's interesting is that the buy-your-own telephone business is expanding beyond styling with advanced features that have never been available before. One new phone displays the number you are calling in bright electronic digits. **Another sings like a bird instead of ringing.** A cordless telephone is now available for use in the yard or around the pool, tuning in by radio to the telephone lines. Probably the most elaborate is a new instrument which contains a built-in *calculator,* using the same push-buttons which dial the telephone numbers, a *digital clock* with an *alarm* that buzzes every 10 minutes (useful to know how long you've been talking), a *"memory recall,"* which lets you call back the last number dialed at the push of a button in case you're disconnected, and a *timer,* which gives you a constant reading of how long you've been on the phone.



Q Is it true that a television set can give warning of an approaching tornado?

A Some people claim their lives have been saved by their television set's sensitivity to electronic impulses created by severe storms. A system employing television receivers as a direct warning of a very nearby tornado is widely used in the Midwestern tornado belt. However, the United States Weather Service cautions that the method should only be used along with other storm-warning systems, because it's not infallible.

The TV tornado-warning system is known as the "Weller Method" after

Continued on page 42



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Sterling says it all.

Sterling Silversmiths Guild of America

continued from page 40

Newton Weller, a self-taught electronics engineer who developed it.

Weller found that tornadoes generally are accompanied by an "electrical signature," which is very close in frequency to television's Channel 2. He gives these rules for using the family set as an auxiliary tornado-warning device: In the event of threatening weather or a tornado alert in your area, turn the set on, disable any automatic-picture devices such as InstaMatic or ColorTrak, and let it warm up. Tune to Channel 13; then turn the brightness knob down to the point where the picture just disappears. Now turn to Channel 2 without resetting the brightness control. Leave the set alone. A lightning storm will cause horizontal streaks or flashes on the screen—the broader the streaks the more severe the storm. But as long as the screen doesn't glow steadily, the storm is not a tornado. The signal of a tornado is an increasingly steady bright light filling the screen. If there's a station in your area on Channel 2 and the darkened picture becomes increasingly visible and remains visible and bright, this could also mean there's a tornado within 15 or 20 miles. This is a signal to take shelter immediately. This method will work properly only if you have your own outdoor or indoor antenna. If you're connected to cable TV, don't attempt to use it.

Q How good are the new super-screen television sets?

A The largest American *direct-view* television sets have 25-inch screens. The new projection sets start where these leave off—with pictures from about 40 inches in diagonal measurement, up to 7 feet. Projection sets range in price from about $700 to nearly $5,000. Advent Corporation, the relatively small Cambridge, Mass., hi-fi manufacturer, which started the whole trend with a 7-foot system, is now also offering 3-tube designs with 5- and 6-foot screens starting around $2,600. About 60 other manufacturers and assemblers offer various types of projection systems.

At their best, these systems can be extremely engrossing, an experience rather closer to going to the movies. But the picture must be good. Snow, distortion, and ghosts are far more objectionable on the life-size screen than they are on a direct-view television. This means you must be in an area of good reception and have an adequate antenna system.

The simplest projection TV system is basically a small-screen color television set with a lens system in front of its picture tube to focus the picture on the screen. The more elaborate type uses specially designed electronics, three projection tubes and lenses, one tube-and-lens set for each primary color. This type provides a brighter picture, but also is bulkier and more expensive and often more difficult to adjust. Before buying a projection system, view demonstrations of several different brands, as they vary widely in quality and performance. Know exactly the space each system requires and make certain you have ample room for the one you choose. It's best to have the dealer install the unit and show you exactly how to operate it.

Q Some tape decks for stereo hi-fi systems have "three heads." If one is for recording and the other for playback, what's the third head for?

A It's for monitoring—so you can tell exactly how a recording is going to come out while you're making it. The third head actually lets you listen to a playback of the tape while it's being recorded—or, more accurately, a tiny fraction of a second after it's recorded. By using either headphones or a loudspeaker, you can switch from the original program source (an FM tuner or a record, for example) to the "monitor" position, while you're making the tape and compare what's going into the recorder with what's coming out, and make adjustments for maximum fidelity of the recorded tape. ■



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Wedgwood Dark Blue Runnymede Bone China and Old Galway Irish Crystal.

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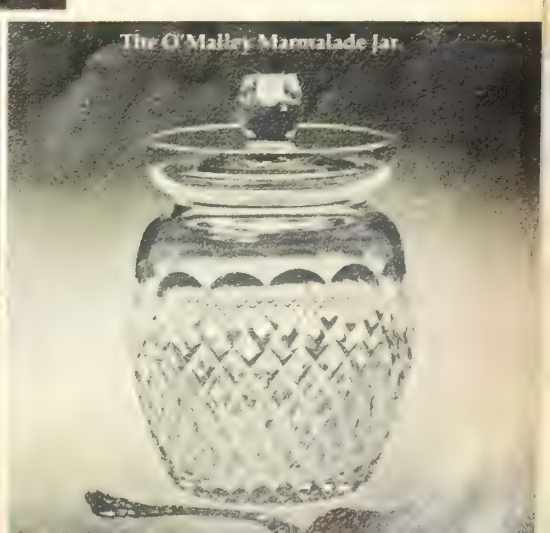
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Ship's Decanter, Dublin Basket, Ashford Pitcher. Three graceful gift ideas.



The O'Malley Marmalade Jar.



THE SPORTS CAR BOOM

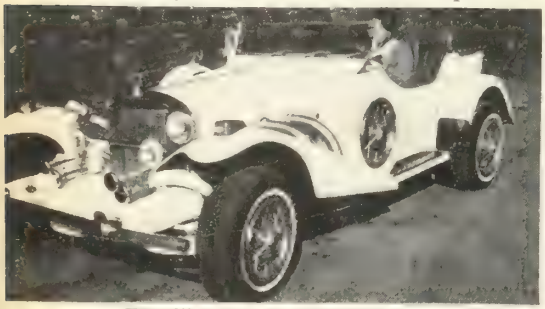


A rundown on twenty-two open and closed high-performance cars that make driving safer

BY RICHARD AND JEAN TAYLOR

Today, standard components take the headache out of owning a sports car. With good road holding, quick steering, fast acceleration, and superior braking, sports cars offer an incredibly high standard of safe driving

Not so long ago, a sports car was a hard-riding roadster made only in England or Italy. It came in British racing green or bright red and tended to spend as much of its time in the repair shop as it did on the road. Drivers wore big scarves, waved their imported driving gloves, or honked their horns, every time they passed one another. Owning a sports car made them members of an unofficial club. Today the sports car is no longer such an esoteric machine. It is roomier, carries four people in comfort and runs with all the familiar reliability of a sedan. Many such automobiles are now made in America, though the single most popular sports car, the Datsun 280Z, comes from Japan. Sports cars are not necessarily open either. The practical closed coupe with an air conditioner is an alternative to the romantic, breeze-in-your-hair roadster. Twenty years ago, waiting for parts to arrive from Europe was an integral aspect of owning a sports car. Today, they're really no more trouble to own than anything else. The Datsun 280Z, for example, uses the same basic engine and transmission that are in the best-selling Datsun 810 sedan. Chevrolet's Camaro and Corvette use the same V-8 engine fitted to all General Motors sedans. While it may not be so exciting to car buffs who like to brag about exotic refinements under the hood, there's something to be said for sharing components. You can get your Corvette serviced in any Chevrolet dealer and you certainly don't have to wait months for the parts.



Excalibur, copy of 1929 Mercedes-Benz

What makes a sports car different? Well, first and foremost, a sports car is fun to drive. Because its body is lighter and smaller than a sedan with the same engine, it has quicker acceleration and a higher top speed that gives effortless cruising at legal speeds. All true sports cars have manual transmission, either 4-speed or 5-speed, and many can be fitted with overdrive that further increases gas mileage and reduces engine noise and wear. But what really makes a sports car an exciting driving experience is the handling. The engineers spend endless hours refining the sports car's chassis and suspension so that it will zip around corners quickly, solidly, and safely. In the old days, the only way to make a car handle well in corners was to make the suspension very stiff. But modern suspension designers have learned a lot, and a good sports car has a ride at least as soft as a big sedan. It also has tight, nippy steering that lets you control exactly what the wheels are doing every second. Power steering is rare on sports cars, because a good driver needs to "feel" the road through the steering wheel. He can sense if the wheels are going to slide on a slick road, for example, and because the sports car's steering wheel takes fewer turns than a sedan's, he can react much more quickly. A sports car also has better braking power. Although most models now use the same brakes that are fitted to the manufacturers' sedans, because the sports car is much lighter, the brakes have less work to do, so they're more efficient. An additional reason a sports car stops and corners so well is because it has much bigger tires for its weight than do most sedans. High performance radial tires are standard equipment on all sports cars. Thus, with its good road-holding, quick steering, fast acceleration, and superior braking, the sports car offers an incredibly high standard of safe driving.

Continued on page 46

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Economical to run, fun to drive. Triumph Spitfire.

Because sports car owners tend to be highly critical about the vehicles they drive, designers pay great attention to detail. Snug-fitting bucket seats hold the driver in position, along with high-quality seat belts only one grade removed from the race track. Elaborate instrument panels keep the conscientious driver constantly in touch with his engine. The steering wheel will be heavily padded for comfort and safety, wrapped in leather for elegance, and adjustable for a perfect fit. The clutch, brake, and accelerator are always positioned for optimum control.

Surprisingly, most sports cars are quite economical as far as gas consumption and running costs go. This is because they have small, efficient engines, and weighing less, don't wear out tires, shock absorbers, and other components as quickly as heavier sedans. What's more, they're fitted with the best available parts which have more durability.

Of course quality always costs more. The cheapest sports car you can buy is the MG Midget at $4,150. An average price is closer to $10,000, while a new Ferrari will cost around $30,000. Actually, the most expensive Italian sports cars aren't sold in America because their high-performance engines don't meet the Federal air-pollution standards, but they can cost $50,000 and up in Europe.

The position of the engine, incidentally, is as varied as the price. The Lancia Beta and Volkswagen Scirocco use front-wheel drive. Porsche still sells the 911 with the engine behind the rear wheels, though its other models have the engine conventionally placed in the front, as do sports cars from the majority of other manufacturers. Only Ferrari and Fiat are built with mid-engines, in the tradition of all serious racing cars. This design gives very balanced weight distribution but severely restricts luggage space and passenger room.

Whatever sports car you choose, it will be a revelation if you're currently driving a sedan. Designed for much higher speeds, the car is just loafing along at 55 mph. Once you get used to being low on the road, a sports car feels like the safest vehicle to drive. It will require you to handle it properly and well, with a degree of concentration that would be wasted on a normal sedan. But there are rewards for putting in effort. A good sports car will make you a better driver, a safer driver, and help you feel more confident behind the wheel. You may even begin to realize that driving a car is not only a way to get from here to there, but also a fascinating recreation, a skill valuable in itself.

Roadsters

MG MIDGET The toy-like Midget is a holdover from the fifties; tiny, and fun. About 45 percent of Midget owners are women, probably because drivers over 5-foot-9 literally don't fit inside.

Base price: $4,150. Length: 11.75 feet. Seats: 2. Engine: Inline-4, 50 hp. Front engine, rear-wheel drive. 22 mpg city, 34 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 404.

TRIUMPH SPITFIRE Powered by the same engine as the MG but slightly bigger, this car offers the same virtues of low price, economy, and fun. The traditional "beginner" sports car.

Base price: $4,500. Length: 13 feet. Seats: 2. Engine: Inline-4, 52 hp. Front engine, rear-wheel drive. 25 mpg city, 41 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 373.

MGB The MGB has been made for over 15 years, but 1977 was its best sales year ever. The old-fashioned but pleasant styling has been sacrificed to 5-mph rubber-covered bumpers and the old performance sacrificed to emissions controls, but the MGB is still a pleasant little sports car. Good value for the money.

Base price: $5,150. Length: 13.2 feet. Seats: 2. Engine: Inline-4, 62 hp. Front engine, rear-wheel drive. 19 mpg city, 34 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 404.

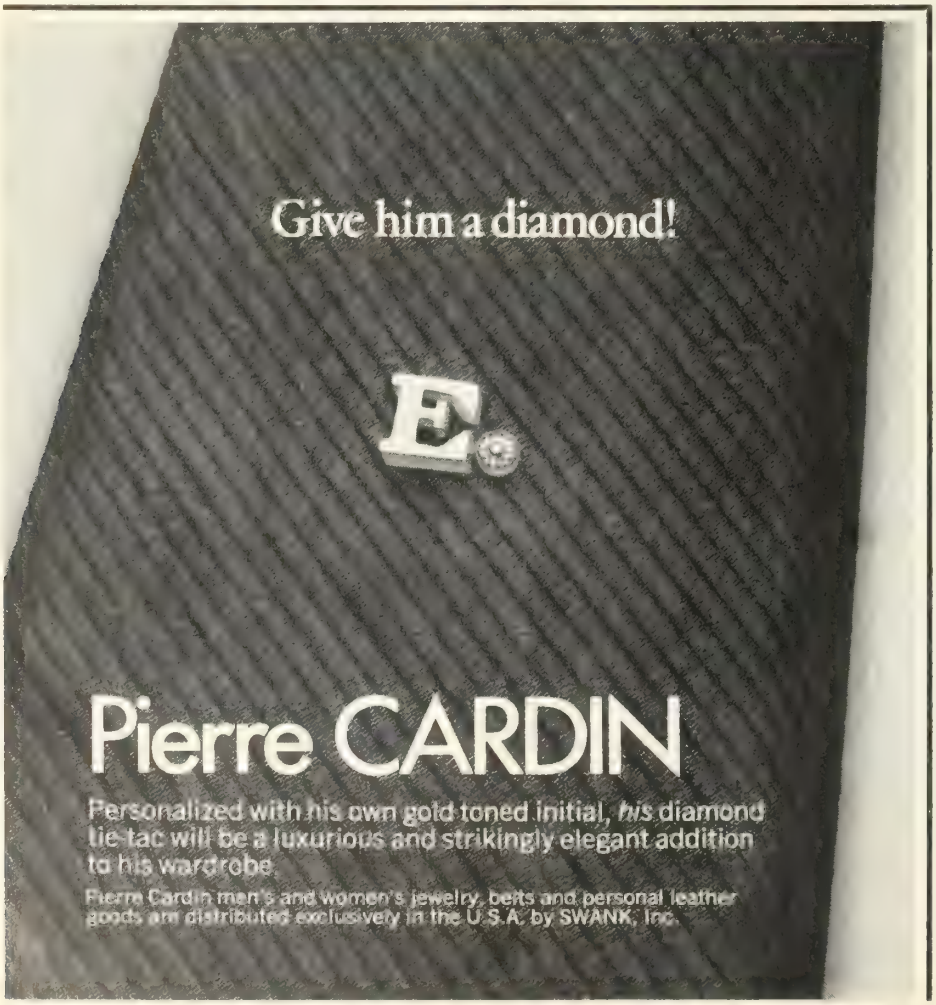
FIAT X1/9 The nearest thing to a small racing car you can buy for everyday use. It's perfectly balanced, surprisingly roomy, and has beautiful styling. Astonishingly inexpensive for the quality.

Base price: $5,195. Length: 13.2 feet. Seats: 2. Engine: Inline-4, 62 hp. Mid-engine, rear-wheel drive. 18 mpg city, 28 mpg highway. Warranty: 24 months/24,000 miles. Dealers: 683.

FIAT 124 SPORTS SPIDER Neither very traditional nor very innovative, this car is one in which everything works better than you'd think it should. It has 5-speed transmission, 4-wheel disc brakes, a double-overhead-cam engine, smooth Italian styling by Pininfarina, and a comfortable feeling in every part.

Base price: $6,299. Length: 13.6 feet. Seats: 2. Engine: Inline-4, 86 hp. Front engine, rear-wheel drive. 19 mpg city, 28 mpg highway. Warranty: 24 months/24,000 miles. Dealers: 683.

Continued on page 48





Just one of eighteen vibrant patterns of Footlights Supreme carpeting on sale at Sears.



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Footlights Supreme, a Sears Best, is made of 100% Antron® nylon pile, the most durable carpet fiber. The urethane cushion back is all the cushion you'll need. It's anti-static and treated with SCOTCHGARD® Brand Fabric Protector. Its soil-hiding properties make it perfect for a kitchen or den.

Footlights Supreme is backed by the Sears Label of Confidence, the label behind every piece of Sears floor covering. It reveals important information like fiber content, construction and wearability...and most everything else you need to know before making that all-important purchase.

Step up and see Footlights Supreme, available in most larger Sears retail stores.

Prices may vary in Alaska and Hawaii

Only at **Sears**

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Reg. $8.99 sq. yd. Sale $7.99 April 23 through May 27, 1978.

ALFA ROMEO 2000 SPIDER VELOCE More expensive than the Fiat 124 but otherwise very similar, right down to its 5-speed gearbox, 4-wheel discs, double-overhead-cams and Pininfarina body.

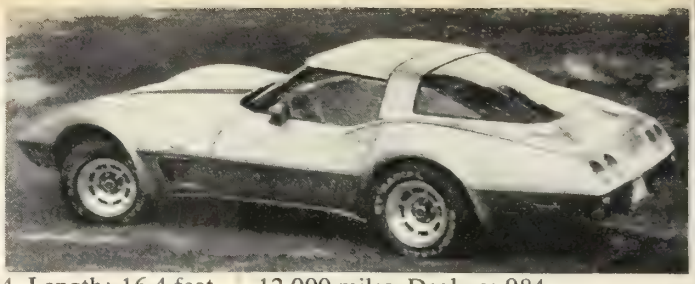
Base price: $8,895. Length: 13.4 feet. Seats: 2. Engine: Inline-4, 111 hp. Front engine, rear-wheel drive. 18 mpg city, 25 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 175.

EXCALIBUR SERIES III The Excalibur has the largest engine you can buy in any car, a huge 454-cubic-inch V-8 from a Chevrolet truck. It also has the 4-wheel disc brakes and all independent suspension from a Corvette, covered over by a fiberglass and aluminum body that's meant to look like that of a 1929 Mercedes-Benz. Understandably, the car attracts lots of attention.

Base price: $25,000. Length: 14.6 feet. Seats: 4. Engine, V-8, 215 hp. Front engine, rear-wheel drive. 11 mpg city, 16 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 5.

Coupes

CHEVROLET CAMARO The Camaro Z28 is large and heavy for a sports car, but it's also surprisingly nimble. With good styling, excellent suspension, a durable engine, and a luxurious interior, at the price, it's a bargain.



Big, fast and heavy, with a new roof. Chevrolet Corvette

RICHARD TAYLOR

Base price: $4,414. Length: 16.4 feet. Seats: 4. Engine: V-8, 185 hp. Front engine, rear-wheel drive. 14 mpg city, 19 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 6,030.

PONTIAC TRANSAM Pontiac's version of the Camaro, with an even bigger engine, better suspension, and more luxurious interior. Even more of a bargain.

Base price: $4,545. Length: 16.4 feet. Seats: 4. Engine: V-8, 220 hp. Front engine, rear-wheel drive. 14 mpg city, 19 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 3,240.

TOYOTA CELICA GT The Celica GT has the same durable chassis that the Celica has used in previous years, complete with single-overhead cam engine and 5-speed transmission. But this year it has an all-new body with prettier styling. Reliable, economical, and fun to drive, costs less than comparable cars.

Base price: $4,899. Length: 14.4 feet. Seats: 4. Engine: Inline-4, 95 hp. Front engine, rear-wheel drive. 22 mpg city, 34 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 984.

VOLKSWAGEN SCIROCCO This is a sports car version of the best-selling Rabbit, with an angular, modern body styled by Georgetto Giugiaro. The Scirocco is more than the sum of its parts, a particularly happy design that's very well balanced, extremely well put together, and surprisingly durable.

Base price: $5,695. Length: 12.9 feet. Seats: 4. Engine: Inline-4, 71 hp. Front-engine, front-wheel drive. 25 mpg city, 39 mpg highway. Warranty: 12 months/20,000 miles. Dealers: 1,026.

TRIUMPH TR7 The TR7 is a British version of the modern, aerodynamic coupe pioneered by Datsun's 280Z. The TR7 is a car you can love for its spacious interior, good trunk space, and excellent performance.

Base price: $5,849. Length: 13.7 feet. Seats 2. Engine: Inline-4, 85 hp. Front engine, rear-wheel drive. 22 mpg city, 29 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 373.

ALFA ROMEO SPRINT VELOCE Alfa's coupe is completely different from the Sport Spider. It uses the same engine, but the transmission is built into the rear axle, and there's an unusual independent rear suspension called a DeDion, patterned after many racing cars. This Alfa is made in very small numbers, so while it's not particularly expensive, you won't see very many on U.S. roads.

Base price: $6,995. Length: 14.25 feet. Seats: 4. Engine, Inline-4, 111 hp. Front engine, rear-wheel drive. 19 mpg city, 25 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 175.

DATSUN 280Z The 280Z has been around for almost a decade, and it's far and away the most popular sports car ever built. Someday people will collect these cars and consider them classics. The 280Z is relatively big, for a sports car, but it's also smooth, nimble, powerful, and durable.

Base price: $7,688. Length: 14.4 feet. Seats: 2 (also available with 4). Engine: Inline-6, 149 hp. Front engine, rear-wheel drive. 18 mpg city, 27 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 948.

LANCIA BETA COUPE Lancia is owned by Fiat, but it's a very small company making just a few high-quality cars. The Beta Coupe uses a Fiat engine, mounted transversely in the front and driving the front wheels. It has excellent traction, 4-wheel disc brakes, a 5-speed transmission and the styling is handsome.

Base price: $7,930. Length: 13.8 feet.

Continued on page 50





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84

New sports cars
continued from page 48

Seats: 4. Engine: Inline-4, 86 hp. Front engine, front-wheel drive. 17 mpg city, 25 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 216.

CHEVROLET CORVETTE The Corvette has been in production since 1967 in virtually the same form, and it's become a true collector's item for many car enthusiasts. It has a new roof design this year, but otherwise remains the same—big, fast, heavy.

Base price: $9,352. Length: 15.4 feet. Seats: 2. Engine: V-8, 225 hp. Front engine, rear-wheel drive. 14 mpg city, 19 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 6,030.

PORSCHE 924 The 924 is the first front-engined Porsche, using a combination of Audi and Volkswagen Rabbit components. It does have wonderfully balanced handling and a new 5-speed transmission adds a useful gear for highway cruising.

Base price: $10,995. Length: 14.2 feet. Seats: 2. Engine: Inline-4, 110 hp. Front engine, rear-wheel drive. 19 mpg city, 30 mpg highway. Warranty: 12 months/20,000 miles. Dealers: 200.

LOTUS SPRINT/ELITE Lotus has been making virtually hand-built fiberglass sports cars for over twenty years, and they're just about the nearest thing you can buy to a real racing car. The Sprint and Elite have slightly different styling, but everything else is the same . . . double-overhead cam engine, 5-speed transmission, all-independent suspension and luxurious interior.

Base price: $16,279. Length: 14.6 feet. Seats: 4. Engine: Inline-4, 140 hp. Front engine, rear-wheel drive. 15 mpg city, 26 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 80.

PORSCHE 911 Porsche's 911 has been in production since 1964, and it's the only rear-engined sports car left. It comes in a variety of trim and performance levels, from the relatively tame 911 SC to the 165 mph, $32,500, 911 Turbo. All models have a 5-speed transmission, 4-wheel disc brakes, all-independent suspensio and air-cooled engine. Porsche 911s a wonderfully built, sturdy and as finel finished as a Swiss watch. They attract breed of drivers who won't compromi on quality.

Base price: $16,950. Length: 14 fee Seats: 2. Engine: Flat-6, 172 hp. Re engine, rear-wheel drive. 14 mph cit 21 mpg highway. Warranty: 12 months 20,000 miles. Dealers: 200.

PORSCHE 928 Ultimately, the brand-ne Porsche 928 will replace the 911. It h a front-mounted water-cooled V-8, re transaxle, 4-wheel disc brakes and al independent suspension. Compared t the 911, it's a very conventional ca compared to other sports cars, it's a tech nological breakaway. Extraordinaril powerful, it's somewhere near the abso lute limit as street machines go.

Base price: $24,880. Length: 14. feet. Seats: 2. Engine: V-8, 240 hp Front engine, rear-wheel drive. 15 mp city, 20 mpg highway. Warranty: 1 months/20,000 miles. Dealers: 200.

FERRARI 308 The 308 is the "little" Fer rari, with a small engine and relativel light weight. It is also an exotic sport car of such high performance, it's a anachronism in this country with spee limits, heavy traffic, and relatively high gasoline cost. Nevertheless, it's a won derful anachronism.

Base price: $30,925. Length: 14. feet. Seats: 2. Engine: V-8, 240 hp. Mid engine, rear-wheel drive. 8 mpg city, 1 mpg highway. Warranty: 12 months/ 10,000 miles. Dealers: 51.

ASTON MARTIN V-8 Aston Martin went bankrupt two years ago, but a group o American enthusiasts rescued this old time British company and restarted pro duction. The Aston coupe has incred ibly high performance in every possible area, but it's also perfectly usable on a day-to-day basis. Big, comfortable, lux urious.

Base price: $37,680. Length: 14.25 feet. Seats: 4. Engine: V-8, 300 hp. Front engine, rear-wheel drive. 9 mpg city, 15 mpg highway. Warranty: 24 months/24,000 miles. Dealers: 19.

THREE SPORTY CARS NEW THIS SPRING

Three new sports cars will be available this spring. The first, an all-new coupe from Mazda, will be introduced in May. This new model, the RX-7, will be the only sports car in the world to use the lightweight, efficient, and reliable Wankel-type rotary engine. Mazda's rotary engine develops 120 hp from only 70 cubic inches, making it much more powerful for its size than normal engines. It should also deliver 25 mpg. Mazda says the RX-7 will come with a 5-speed transmission, hatchback rear window, disc brakes, AM/FM radio, tinted glass, radial tires, and reclining bucket seats as standard. Base price will be under $7,000.

Toyota and Datsun both have new sports cars, too. Toyota will have another version of the popular Celica this spring, with a longer hood and longer wheel base to make room for a 6-cylinder engine. The current Celica has a 4-cylinder engine of 134 cubic inches and 95 hp, the 6-cylinder will be of 165 cubic inches and 120 hp. It will use electronic fuel injection.

Datsun's new sports car will appear in early summer, and will be a lighter version of the current 280Z, with an all-new body and smaller engine. Like the Mazda RX-7, the new Datsun will hold only two passengers. The Toyota Celica can carry four.

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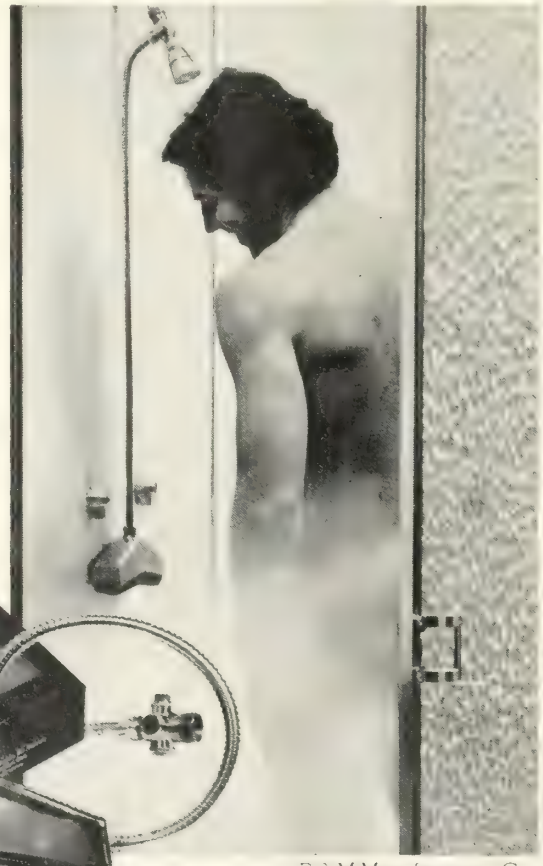
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Yet if all this sounds too good to be true, here's one thing even better. Instant Spa sells for less than $50

So now you can have the luxury of a steam bath without getting your budget in hot water.



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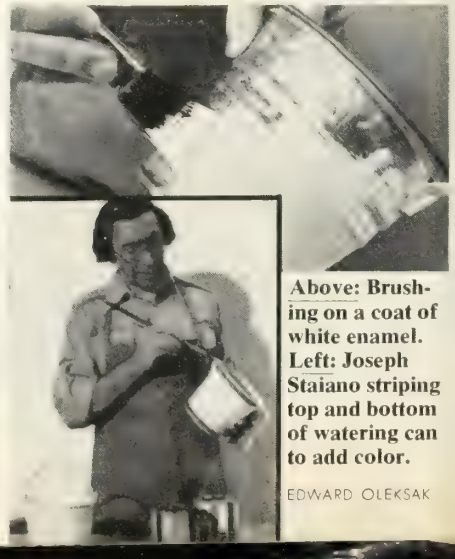
PAINTED PAILS FOR FLOWERS AND FRUIT

With a can of enamel and a tin pail or pudding mold, you can make table decorations like the ones on pages 160-165



Tin tubs and buckets can go to the dinner table if you dress them up with paint.

You can turn a tin pail into a charming, inexpensive centerpiece with just a few quick strokes of paint. Joseph Staiano, who spruced up the containers here, says you can use spray paint, but "a brush is easier and gives the topcoat a nice texture." All you need is a galvanized tin pail (find them at your hardware store or see Shopping Information, page 210), or use a watering can or pudding mold, any shape that pleases you—plus metal primer, high-gloss enamel paint, and a small brush. To prevent paint from flaking, coat the pail inside and out with the primer, let dry overnight or according to instructions on the can. Apply a coat of enamel and let dry completely. If you like, you can experiment with finishing touches like a contrasting color band around the top and bottom or perhaps a stenciled pattern border or overall design. Fill the pails with fresh flowers or polished fruit.



Above: Brushing on a coat of white enamel. Left: Joseph Staiano striping top and bottom of watering can to add color.

EDWARD OLEKSAK

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Don't give up comfort.

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*EPA estimates based on 225, 1-bbl engine and manual transmission. Your actual mileage may differ, depending on your driving habits, the condition of your car and its optional equipment. Mileage lower, optional automatic transmission mandatory in California.

**Sticker price including optional custom exterior package. Excluding taxes and destination charges, white sidewall tires and deluxe wheel covers ($78 extra).

Don't Give Up.

Get a New Plymouth Volaré

Plymouth

A DECORATOR SPEAKS HIS MIND

TIPS ON BUYING AND DECORATING WITH COUNTRY ANTIQUES



An interview with Gary Knight. By Dee Hardi

"If you're just starting to be interested in antiques, you're not sure of your taste, your interests are not confirmed. First you must explore, expose yourself to shops, museums and galleries, and study magazines. It's an educational process. And there is no substitute for education. You probably don't know whether you want to go English, French, American, Spanish, or what. You might end up mixing rather than matching. You just don't know. That's part of the fun, the excitement, the individuality.

"To shop is to look—and to learn. It's also a process of elimination. For example, once you've seen Regency rosewood, and you discover you don't want it, you never have to look at it again. You pare down, you channel your interests by going again only to shops where you might find what is suitable, appropriate to your taste, your own lifestyle. And go to reputable dealers, who are only too willing to talk and to teach.

"The second step is to take the plunge. Granted it is an emotional moment, but your first impulse is almost always right. If you see something you love, and then start questioning, challenging, analyzing, or feel you have to go home to think about it, that wonderful desk or chest might well be gone when you return. It is very important to buy something you love, whether you can afford to or not. Put some money down and buy it gradually, knowing you'll have it forever and can pass it on to your children. Strike when the iron is hot.

"Along with emotion, however, should be some reason. Buy pieces that have flexibility—furniture that could start in your living room, and later when you have more knowledge, more money, will work as well in a bedroom or other secondary rooms. Buy quality and fewer pieces, rather than quantity. You might want to start with a less significant piece, but a classic design, say a handsome candlestick, rather than a large formal cupboard out of character with your lifestyle.

"And buy in scale with your life, remembering that houses are smaller today, help harder to find, and that Americans move about more. True, we are a mobile society, but that doesn't necessarily mean you have to buy small-scale. I remember a room with few pieces, but one table almost the length of the wall. On it was an assemblage of love and careful thought—china, some books, flowers. It *made* the room. Just remember to ask yourself—'Is it appropriate?' If you do find later that you've made a mistake, you can always sell it, and find something that works better for you.

"Our lives now are more casual, informal, and country furniture—the natural look, pine, oak, bleached wood—keeps company very well indeed with almost everything else. For instance, in a dining room, a pine farm table can be very handsome with contemporary steel chairs or a mixture of objects from different times of your life. Pieces that were wedding presents, pieces that were handed down from another generation, and pieces that you bought together, or with your decorator. If they are compatible, and only you will know and feel this, it will all work together. And mean so much.

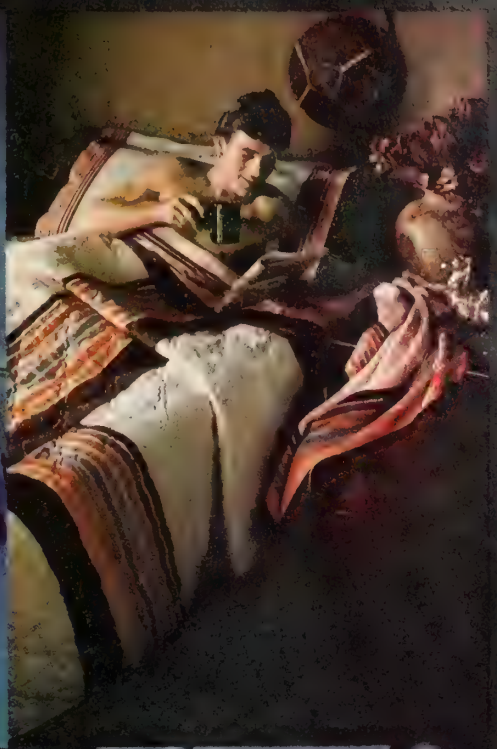
"Color as a background brings out the patina of wood, and gives a room vitality. In 'Nantucket House' we have a tomato red living room, a pumpkin bedroom, and a chocolate-brown kitchen with white trim. Color, paint color, is the least expensive commodity in design. If you want you can paint a room three times a year and it still won't add up to the cost of recovering a sofa. When everything that is expensive to change—upholstery and floor coverings, for instance—is neutral, you can have a glorious time splashing around with color."

EDITOR'S NOTE: *Gary Knight, interior decorator, and partner with Mr. and Mrs. Hudson Holland Jr. in "Nantucket House" antique shop—see page 134—chose his profession when he was a very small boy. "At the ripe old age of 12, the highlight of each week was collecting for my newspaper route. That way I could peek at people's houses, and sometimes they even gave me a tour. I loved it. And I knew I wanted to be a decorator someday." He majored in Interior Decoration and Fine Arts at the University of Michigan and then spent 4 months in Europe "looking at every museum, gallery, and stately home possible and studying architecture and furnishings. Florence and London were my favorite cities then and still are." After 15 years as a decorator at J. L. Hudson in Detroit, he moved to Nantucket and with the Hollands started "Nantucket House," for which he does most of the buying. Here, he shares some of his thoughts on selecting and living with antiques.*



The Many Moods of Royal Family.



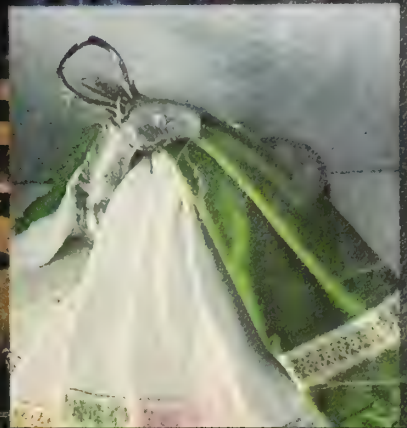












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by MILLIKEN

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HOW EMOTIONS AFFECT THE SKIN



BY MARY CATHERINE TYSON, M.D.

Plus latest facts about marijuana and news for women who want to have a baby after 40

Q How do emotions affect the skin?

A Some skin reactions to emotional changes are very obvious. The pink flush that spreads over the face from embarrassment, shyness, or guilt is well known, as is the dead white color of the skin that may follow any severe shock, such as seeing a street accident, or hearing some appalling news. We speak of people whose skins are gray with anxiety, worry, or fatigue. Such strain can cause constriction of the blood vessels of the skin and thereby decrease its circulation.

In fact, all organic skin afflictions are tremendously influenced by the emotions. Psoriasis, for example, is a metabolic disease with a hereditary background, but a psychologic reaction. Depression or worry may trigger a severe generalized flare-up of the condition, which may have been quiescent and relatively insignificant. This reaction might occur, too, in any type of dermatitis which may be basically allergic or chemical. Urticaria, or hives, are notoriously connected with the psyche. Most attacks are caused by a considerable mood change, brought on by stressful conditions and will respond to tranquilizers as well as antihistamines.

Even the common acne of adolescence can be aggravated by emotional stress, of which there is ample at this time of life. When it occurs in the twenties or thirties, dermatologists feel it is usually associated with pressure or tension. Eczema is of allergic origin in children, but in adults it is predominantly from emotional distress. Recently, I observed several women who shortly after being widowed developed eczema, on their wedding ring finger. This close union between our epidermal covering and our mind and emotions is not just chance. As the embryo develops, at an early stage it is like a tube composed of three layers, ectoderm, mesoderm, and endoderm, and the brain and nervous systems and skin develop from the ectoderm. In the evolutionary sense, they develop from the same primordial cells. Apparently to have a healthy glowing skin, we should not only be in good physical condition, but also psychologically well-adjusted.

Q What is the truth about marijuana?

A Marijuana has been around a very long time. It was used by the Chinese 200 years B.C., mixed with wine, as a pain reliever and anesthetic. Later, it was used for many centuries in India for an amazing variety of medical purposes,

Continued on page 60

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GENERAL ELECTRIC

How emotions affect skin
continued from page 58

and by Hindu priests as an intoxicant to expand their minds and reach God. It was introduced to the West by a British army doctor in India and by Napoleon's troops returning from Egypt, around 1840. Since then, we have heard conflicting reports about it. Some call it destructive, others say it is a pleasant recreational stimulant. The truth is somewhere in between.

In our country, it was used in the 19th century to treat all sorts of pains, including migraine, up until 1937 when Mayor La Guardia's commission made it illegal. Today, it has become widespread throughout society. The counselor of one of our finest private high schools has said that perhaps 60 per cent of his students have tried marijuana. He divided them into groups of three: the very occasional smokers who had tried it once or twice at a party; the students, who perhaps looking for trouble, smoked occasionally at school; and the ones who smoked regularly in or out of school and had a real dependence on it. The latter group lacked the interests and enthusiasms seen in usual adolescents and were the ones most likely to drop out of school and out of a normal life.

It has been stated often that marijuana does not necessarily lead to addiction in itself, or to LSD, uppers, downers, or hard drugs like heroin. However, the converse is true. Almost without exception users of hard drugs began with marijuana. Perhaps the poorly motivated with little enjoyment or understanding of real life are the ones that seek an ever wider escape.

It is now believed that the very occasional, intermittant use by healthy adults is probably not a health hazard, but then probably very occasional use of tobacco, DDT, and nitrates in healthy adults may not be dangerous, but why take chances? It has been proven that marijuana is carcinogenic, because it can produce lung cancer. It is an irritant of mucus membranes, causing cough and sore throat. It causes emphysema at a much higher rate than tobacco, by resulting in obstructive lung disease. It causes a decrease in oxygen in the blood, making it dangerous for cardiac patients. It decreases the level of testosterone or male hormone in adolescents and adults. It diminishes the level of acid in the stomach, which may protect against peptic ulcer, but also allows ingested bacteria to survive in the body instead of being destroyed by the acid. It may cause genetic changes in the fetus. It lowers cellular immunity. At first, evidence in England showed shrinking of the brain in heavy marijuana users. While this has now been denied, recent studies show micro-cellular damage to the brain in rhesus monkeys smoking one cigarette a day, 5 days a week for 6 months. An enlargement of the gaps occurred across which one nerve sends its signals to another, and other changes developed within the nerve cells.

Marijuana is dangerous because it persists in the body for more than a week, so that one cigarette a week might cause chronic effect. The report by the American Medical Association issued in February, 1978 warned against the use of marijuana by children or adolescents, pregnant women, emotionally unstable individuals, and all people with physical illnesses, especially heart disease. It is not recommended for those driving vehicles because it does impair visual perception and motor control.

Q Dare I have children in my forties?

A Until recently, second families, or first children born to mothers in their late thirties or forties were considered to involve a great risk. Genetic defects resulted from the aging of the ova. Today, the risk of having an abnormal child no longer exists. A simple procedure, as painless as giving a sample of blood, can determine with complete accuracy if the fetus is defective. It is called amniocen-

Continued on page 244

Some houses were never meant to be painted.



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DEAR HOUSE & GARDEN...

nswers to your questions. Here we share some interesting letters from our readers

BY MARGARET MORSE

Stainless advice

My new apartment has a stainless steel sink. I've heard water-spotting can be a problem. Can you give me any tips on care? —A.M., New York, N.Y.

Stainless steel is hard, slow to tarnish, and—true to its name—impervious to almost all household stains. It's relatively problem-free except for the tendency for water-spotting that you mention. (The "harder" the tap water, the greater the problem.) Wiping the sink after each use is a good deterrent. One industry chemist suggests putting a little vinegar on your towel or sponge to help remove water-borne minerals. Don't use harsh abrasive cleansers. Polishes made specially for stainless steel will restore the brightness and remove tarnish, most water spots—two to look for are *Goddard's* Stainless Steel Care Kit and *Hagerty* Stainless Steel Polish. Polish in the direction of the "grain."

Putting the lid on it

A long time ago I bought a full set of glass-lidded cookware. The manufacturer is now out of business, and I need some new lids. Do you have any ideas? —S.C., Palm Beach, Fla.

One nationally distributed manufacturer, Corning, will sell its own replacement glass lids to you. All you have to do is take your pots to a Corning Ware or Pyrex dealer to try out its lids for size. Don't force a fit—the lid must fit your old pot as easily as it does its own. When you find the right lids, note the model numbers (a salesperson can help here), then write the Consumer Service Dept., Building E, Corning Glass Works, Corning, N.Y. 14830 for ordering information.

Fringe benefit

We love the fringe and cording shown on Sandra Osborne's sofa (March, 1977 issue, page 103). Can you please tell me the source?

—B.A.B., Merritt Island, Fla.

The interior designers, Robert Denning and Vincent Fourcade, tell us that they had the fringe and cording custom made and would gladly have the same (or similar) trimmings made for you. You may write them at Denning & Fourcade, 125 E. 73rd St., New York, N.Y. 10021.

Some sources for fringes, cording, and other elegant trimmings in the old-world manner—all of which sell only through interior designers or department store decorating services—are:

Brunschwig & Fils, 979 Third Ave., New York, N.Y. 10022*
Clarence House, 40 E. 57th St., New York, N.Y. 10022*
Old World Weavers, 136 E. 57th St., New York, N.Y. 10022*
Scalamandré, 950 Third Ave., New York, N.Y. 10022*
F. Schumacher & Co., 939 Third Ave., New York, N.Y. 10022
Stroheim & Romann, 155 E. 56th St., New York, N.Y. 10022*

*The sources marked with an asterisk can also have many trimmings custom made—usually there is a minimum order.

Many fabric and notions departments and stores carry fringes, cordings, and other trimmings for home sewing made by Conso Products Co., 261 Fifth Ave., New York, N.Y. 10016. Write to Conso Products for a list of stores that are near you.

Continued on page 64

Stain over paint?



Now you can give your home the beauty of Olympic Stain, no matter how many times you've painted it before.

Olympic Acrylic Latex Stain hides paint beautifully with soft, solid color. It gives your home a rich mellow look, along with a tough acrylic finish that lasts for years. Cleans up easily with soap and water, too.

Olympic Latex Stain is also perfect for redoing any solid color stain. Available in 30 colors. Just follow easy label directions. For more information, see the Yellow Pages for your Olympic dealer, or write: Olympic, 2233 112th Ave. N.E., Bellevue, WA 98004.



How Karen Frederick got Slender and stayed Slender.

"When I married Karen, she was already wearing a size 20, but I loved her because a man doesn't marry a dress size. And now... I've watched her blossom into a beauty!"

That's what Bill Frederick says about his wife, Karen, who lost 148 pounds with the help of Slender® diet food.

Karen, who went from a high of 277 pounds to 129 pounds in 19 months, says, "I'd been heavy all my life. Nobody had ever seen me slim. Nobody.

"Then, I finally tried Slender. Well, honest, it's delicious... the canned Slender tastes just like a malt. I think the Slender worked



because if I'm going to sit down and eat, I'll *eat*... a frozen pizza or two, cookies, candy... but I could just grab a can of Slender and it'd satisfy me. I wasn't tempted. It was amazing. Sometimes I'd have lean meat, a vegetable, and some salad for dinner but, mostly, I stuck with the Slender.

"And when I started on Slender," Karen continues, "my measurements were 52-52-52. Now they're 34-27½-36.

"Another thing," she says, "I'm working now. It's so hard to get a job when you're fat. Nobody would hire me. I don't think I worked two weeks in my whole life until I got this job. And I *love* working. People seem to like me better, too. My personality has completely changed because I was bashful before, and I wouldn't have anything to do with people."

Karen has kept her new Slender figure for over a year. "I can eat whatever I want now," she says, "but I don't desire the sweets like I used to eat all the time."

"That's right," Bill Frederick says, "Karen tried to lose weight for so many years... and she'd get aggravated and quit. But I never made fun of her or said the word 'fat.' Who am I to talk anyway ... I'm no Mr. America. I loved her for what she *was* from the start... and I encouraged her. But if somebody gave us a million dollars to have her back the way she was, I wouldn't take it!"

When Karen finally reached 129 pounds she had her wedding ring cut down from size 9½ to 5.

Just look at Karen's picture. You'd never guess that this vibrant, auburn-haired woman had to make all of her own clothes; there were so few dresses in her size. And now—for her Slender "after" picture, she's slipped into a size 10!

Think about it. It could be you. Just stop by your market and get a week's supply of instant Slender, Slender liquid or new Slender Diet Meal Bars. They are so delicious, it doesn't seem like dieting at all. Next thing you know, you could be in one of our ads—looking fantastic.





Slender® diet food for weight control from Carnation



No more testing.



No more ruined fabrics.



No wondering if it's still plugged in.

Hamilton Beach proudly introduces the SMART IRON

The moment you plug it in, you know it's different! A *Power Light* tells you so. Because it tells you it's ready to go. Set it for the fabric you're ironing, and a *Ready Light* tells you when the sole plate temperature is ready to go. You iron when you see the light—and you can't make a mistake—even when you are ironing different fabrics. Just change the setting—hotter or cooler—and when the *Ready Light* comes back on, you will know the iron is at the perfect temperature. That's why we call it the "Smart Iron."

- **Self-cleaning** so lint and mineral deposits won't build up.
- **"Burst of steam"** to iron out the most stubborn wrinkles.
- **Full-size sole plate** that lets you finish your ironing fast.



POWER LIGHT tells you the Smart Iron is plugged in. Reminds you to unplug, too!



READY LIGHT tells you the sole plate temperature is correct for the selected fabric!

HAMILTON BEACH | Scovill

Correctol®
the
gentle laxative
so many women
are using today.

Today, more than ever, there's something special about being a woman. You give so much and you do so much. Yet, some days, you don't feel your best because of irregularity.

Then, like so many women today, you take Correctol, the modern, gentle laxative.

Correctol's special formula combines a mild laxative with a softening agent. Its gentle, overnight action helps you feel like yourself again. Read and follow label directions. And next time, try Correctol. The modern, gentle laxative.



Dear House & Garden
continued from page 61

Rub-a-dub tub

In the January, 1978 issue on page 90, in the Lindsay beach house, there is a huge "Chinese tub" for bathing. It looks like a terrific idea. Where can I get the tub? —M.I., Farmington, N.M.

This splendid oval tub of glazed ceramic is a one-of-a-kind antique that was imported by M. Levee & Daughters, located at 8437 Clinton, Los Angeles, Calif. 90048. The firm occasionally has a similar tub of more recent manufacture in stock, but usually it has to special-order from the Orient, in which case delivery can take about 6 months. Price varies widely according to shipping, but most of the nonantique tubs that M. Levee has imported have cost roughly $600 apiece, in-store. Most measure about 3 by 2½ feet across and about 30 inches deep. To see what's currently available, send 50¢ to M. Levee for a photograph of a typical design.

Saying it with flowers

I would love to order wedding bouquets with flowers chosen for their symbolic meanings. Can you suggest some references? —H.M., Lexington, Ky.

Adelma Grenier Simmons of Caprilands Herb Farm, where a number of outdoor weddings are held, devotes much of her 34-page homespun book *Valentine Remembrances* to the sentimental bouquets (called *nosegays* or, less commonly, *tussie-mussies*) beloved by the Victorians. It's $2.05 ppd. from Caprilands Herb Farm, Silver St., Coventry, Conn. 06238. A pocket-sized dictionary that gives one- and two-word "definitions" from abecedary plant to zinnia *Kate Greenaway's Language of Flowers* (Merrimack Publishing), is $3.85 ppd. from the Sales Shop of the New York Public Library, Fifth Ave. at 42nd St., New York, N.Y. 10018. Bridget Boland's small book *Gardener's Magic and Other Old Wives' Lore* spends a chapter on love. The book's available for $6.35 ppd. from the order department of the publisher, Farrar, Straus & Giroux, 19 Union Square West, New York, N.Y. 10003. Above prices include fourth-class delivery. Please add state, city sales tax where applicable.

Wrought-iron refresher

We left some green wrought-iron plant stands outdoors, and parts of them rusted. We've sanded off all the rust, but wonder how we might duplicate what looks like "antiquing." —R.E.W., Buffalo, N.Y.

We referred your question to Neil Janovic of Janovic/Plaza paint and wallpaper store (1292 First Ave., New York, N.Y. 10021). He suggests a five-step process that produces a blueish-sa green color like verdigris. You'll ne vinegar, bristle brushes, turpentine i cleaning them, and—for each plant sta and liner—about ¾ of a pint of each the four products below. (Mr. Janov suggests Benwood and Carver Tripp pr ducts, available from Janovic/Plaza f the prices below. Add $1.50 per ord for shipping, and applicable sales tax.)

For best ventilation, work outdoor (1) To help base coat adhere, sand e tire stand and outside of liner, then wi outside of liner with vinegar. (2) Pai liner exterior and stand with Benwoo base coat ($1.59 a half pint, $3.79 quart). When dry, turn stand over an do its "soles." (3) Blend equal par "palm" and "cornflower" Carver Trip glazing stains ($2.29 a half pint each Apply to liner exterior, stand. (4) Whe nearly dry, use dry brush to blend ou stain so half the base coat shows through (5) When dry, apply Carver Tripp clea satin gloss ($3.99 a pint, $2.29 a hal pint). Do "soles" too. Though weather resistant, finish will last longer if yo move the stands to shelter whenever i rains, or at least dry them promptly after wards.

Looking for glass

Please tell me where I might get a con vex glass to cover a three-dimensiona round picture. —J.E.S., Darien, Conn

Gem Monogram & Cut Glass Corp. (623 Broadway, New York, N.Y. 10012) has a large, constantly changing stock of hard-to-find glass items from brand-new to antique. According to president David Noren, if Gem does not have a convex glass in stock when you inquire it can custom-make one for you. Gem can also supply a Federal-style convex mirror for an existing frame. Prices depend on availability—custom items can be several times what the ready-made price would be, but even ready-made prices are not inexpensive. For an estimate, send Gem exact measurements of your frame.

Right as rain

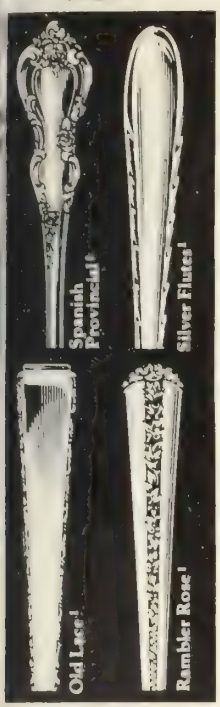
Where can I have a broken umbrella rib repaired? —J.F.C., Mobile, Ala.

Uncle Sam Umbrella Shop (110 W. 45th St., New York, N.Y. 10036)—founded in 1866—will take on all sorts of umbrella repairs by mail. Its five-point renovation service for a man's or a lady's umbrella costs from $5 to $10 and includes replacing any broken ribs, springs, or a frayed tie plus retipping, retacking, and removing rust from the frame wherever necessary. An umbrella can be recovered or a new umbrella made to match your old handle. For prices and details, write Uncle Sam for a free catalogue. Golf, beach, garden umbrellas refurbished, too—tell Uncle Sam the size, what you want done, it'll send an estimate. Use insured shipping. ■

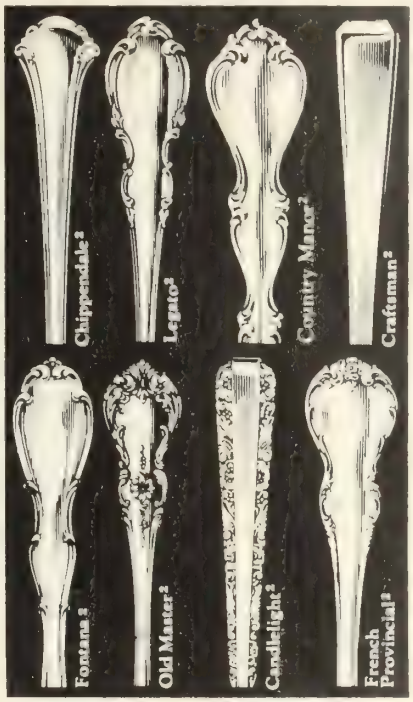
40% off on Towle Sterling

WHEN YOU PURCHASE A 24 OR 32-PIECE SET FOR 8 OR A 4-PIECE HOSTESS SET.

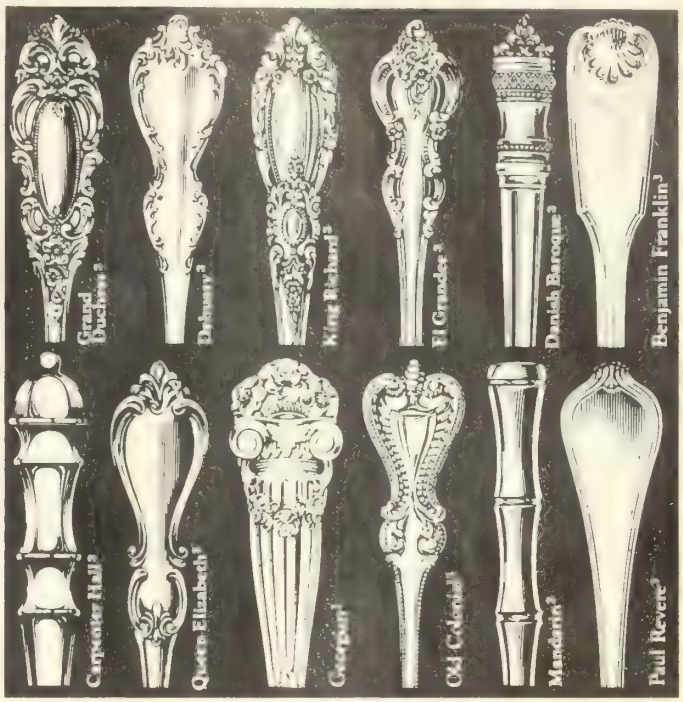
GROUP I



GROUP II



GROUP III



SETS	GROUP I		GROUP II		GROUP III	
PLACE SIZE	Reg. Price	40% Off Price	Reg. Price	40% Off Price	Reg. Price	40% Off Price
24-Pc. Set	$864.00	$518.40	$976.00	$585.60	$1128.00	$676.80
24 Monthly Payments		$21.60		$24.40		$28.20
32-Pc. Set	$1160.00	$696.00	$1320.00	$792.00	$1520.00	$912.00
24 Monthly Payments		$29.00		$33.00		$38.00

PLACE PIECES	GROUP I Reg. Price	GROUP I 33⅓% Off Price	GROUP II Reg. Price	GROUP II 33⅓% Off Price	GROUP III Reg. Price	GROUP III 33⅓% Off Price
Teaspoon	25.00	16.66	30.00	20.00	36.00	24.00
Place Fork	43.00	28.66	49.00	32.66	57.00	38.00
Place Knife	40.00	26.66	43.00	28.66	48.00	32.00
Salad Fork	37.00	24.66	43.00	28.66	49.00	32.66
Spreader	26.00	17.33	30.00	20.00	35.00	23.33
Place Fork, Large	52.00	34.66	59.00	39.33	69.50	46.33
Place Knife, Large	45.00	30.00	51.00	34.00	58.50	39.00
Iced Bev. Spoon	33.50	22.33	39.00	26.00	45.00	30.00
Place Spoon	37.00	24.66	43.00	28.66	49.00	32.33
SERVING PIECES						
*Butter Serving Knife	31.00	20.66	35.00	23.33	39.00	26.00
*Cold Meat or Buffet Fork	77.00	51.33	85.00	56.66	95.00	63.33
Gravy Ladle	77.00	51.33	85.00	56.66	95.00	63.33
Pie or Cake Serving Knife	37.50	25.00	42.50	28.33	47.50	31.66
*Sugar Spoon	38.50	25.66	42.50	28.33	49.00	32.66
*Tablespoon	70.00	46.66	80.00	53.33	92.50	61.66
Tablespoon, Pierced	70.00	46.66	80.00	53.33	92.50	61.66
Hostess Set 4-Pcs.	216.50	129.90	242.50	145.50	275.50	165.30

(Hostess set includes Butter Knife, Cold Meat Fork, Sugar Spoon, and Tablespoon — 40% Savings)

Partial listing only above. Complete sale price list available upon request.

FREE! with purchase of 24 or 32-piece sets

- Drawer Chest
  Holds 200 pieces
  Tarnish Resistant Lining
- Pie or Cake Serving Knife
  In the pattern of your choice



Carter's
Established 1918
DIRECT MARKETING

711 High Street **Jackson, MS 39202** **Phone 601 354-3549**

Order direct from Carter's one of America's largest and most respected silver dealers. Your money returned if you are not completely satisfied. Save 40% on 24-piece sets for 8, consisting of 8 each, place knives, place forks and teaspoons, or 32-piece sets, same as above with 8 salad dessert forks added. Also 40% off 4-piece Hostess Set. All open stock 33⅓% off regular prices. We pay all shipping costs. NO SALES TAX unless Mississippi resident.

FREE $40 Drawer chest and a pie knife in your pattern, with each 24 or 32-piece set.

Towle Sterling is the ultimate, unmistakingly the finest.

24 MONTHS TO PAY Without finance charges.

You can buy your Towle Sterling on our Silver Club Plan. Nothing down. 24-equal monthly payments ($5 min.). The deferred payment is the same as the cash price. The cost of credit is included in the price quoted for the goods and services.

Carter's DIRECT MARKETING

Attn: Ms. Jane Lee **P. O. Box 125**
711 High Street **Jackson, MS 39205** **Phone 601 354-3549**

Please ship me the following TOWLE STERLING using the payment plan indicated.

Pattern Name _____

No. of Pcs.	Name of Piece	Unit Price	Total Price
____ of	_____	@ $ _____ each	$ _____
____ of	_____	@ $ _____ each	$ _____
____ of	_____	@ $ _____ each	$ _____
____ of Hostess Set		@ $ _____ each	$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Check enclosed for the full amount. (Miss. residents add 5% sales tax) or choose one of the following methods of payment.

Charge my account number

Master Charge No. _____ Exp. Date _____

☐ VISA No. _____ Exp. Date _____

American Express No. _____ Exp. Date _____

I wish to pay on the Silver Club Plan

(Fill in the following information only if you are using Silver Club Plan)

Credit References _____

Offer good through June 24, 1978

We pay shipping costs (No sales tax, unless a Miss. resident.)

Satisfaction guaranteed or your money returned.

NOTES OF A
HAPPY HOUSEKEEPER

FIRST AID FOR THE HOUSE

How to keep vegetables from overcooking, a "seat belt" for your dog, preventing house-plant holders from staining furniture, and other clever housekeeping strategies

BY MARY ELIZABETH FALTER

☐ Steaming vegetables is the very best way to cook them—tightly covered on a rack over boiling water. One of the most important aspects of good steam cooking is *stopping* the cooking the minute the vegetables are exactly right—sort of crisp tender. Do this with ice cubes. Dump them in the boiling water to stop the boiling and scatter a few over the vegetables. Reheat quickly when ready to serve.

☐ Two things that help the kitty litter situation: rectangular dish pans and baby powder. The dish pans have high sides and are sturdier than most commercial litter boxes and a liberal layer of baby talcum in the bottom makes emptying them much easier.

☐ Hellerware can make a simple meal a movable feast. The largest size plate (which can also be used as a small tray) will hold your egg cup, toast, and juice, and you can carry it and your Heller mug of coffee back to bed or in by the fire for a cozy breakfast on a snowy morning. Or put your sandwich, salad, and a glass of iced tea on the plate and take it out to the garden in summer. Mixed or matched, Hellerware also makes a handsome table setting, is virtually indestructible, dishwasher proof, and stacks neatly. Great for young families, vacation houses, and boats.

☐ If you've ever had the sour experience of reaching for the coffee on a sleepy morning only to find the cupboard bare or cut your finger without a Band-Aid in the house, you're probably a good candidate for an extra supply cupboard. You don't have to go in for caselots of things, but it's very practical to set aside one small cupboard for one or two "extras" of the basic necessities of life, things that are very frustrating to run out of at the wrong moment. Your list might include aspirin, pantyhose, shoelaces, razor blades, Kleenex, paper towels and napkins, cat and/or dog food, soaps, dishwasher detergent, scouring pads, plus anything else especially dear to your heart. It's a good idea, as we all know, to be sure you have the makings of a meal or two and emergency hors d'oeuvre in the pantry and freezer. If you have these backups and replace them promptly, you'll never be caught short and you won't be using up a lot of storage space.

☐ It's dangerous to drive with a large dog in the back seat unless he's tethered in some way. A sudden stop could hurt him or he could become excited, jump over the front seat, and distract the driver. One way to secure the dog is to put him on a 6-foot, flat-webbed leash and seat him on the back seat on the side away from the driver. Allow him 2 or 3 feet of leash (depending on his size) so he will be comfortable, and then neatly double the remaining length back on itself and shut the door on it so that just a small piece of the loop sticks out on the outside, indicating the whole door has closed on it. This will anchor the dog where he belongs and also prevent him from jumping out of the car at the wrong moment when you stop—sort of a doggie seat belt.

☐ No-stick pan sprays are useful beyond the regular cooking use—they help keep *any* pan clean. If you spray the whole inside of a saucepan when you cook spinach, for instance, you won't have a scummy rim to scour off. Excellent for pans used to heat milk or make cream sauce. Helps to cut down on boilover, too.

☐ A tape measure is a reliable (if painful) traveling scale. Tuck one in the corner of your suitcase—after having taken an accurate reading of your waist, hips, and abdomen before departure. Then you can check the horrid truth as you travel. A 5-pound gain is usually about ¾ of an inch.

☐ If you have house plants on wooden floors and tables, you're probably fully aware that most plant saucers are inadequate and dark rings are apt to form on the wood. It helps to use extra-large saucers that will surely catch the run-off water and are made of nonporous material. But even these tend to sweat and create moisture, so it's wise to put something else underneath the saucer. You can look in antique shops for little wooden stands—in junkyards for scraps of marble and interesting woods, and even the beach will yield pieces of driftwood and occasionally a thin flat rock that can be used. These, underneath the saucer, will protect the wood and be decorative as well. Utilitarian substitutes are pieces of Masonite or carpet scraps, cut so they don't show. ■

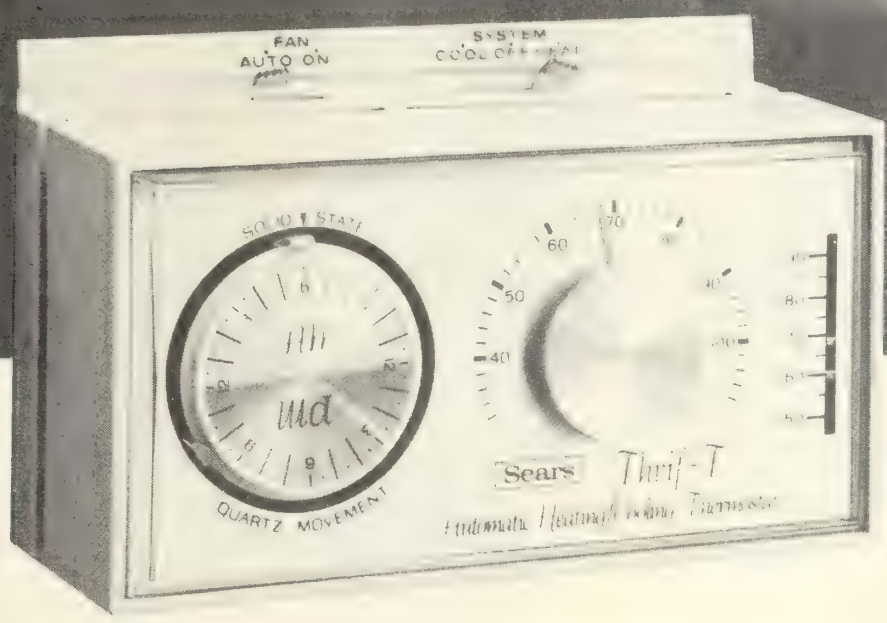


Where quiet elegance and subtle distinction naturally set apart our home from any other. Expressive lines that are clearly not to be found in the average home. A home that gets along well with nature whether you build it in the plushest section of town or anchor it to a rugged mountainside. Things like natural heart redwood exteriors keep maintenance way down and energy saving insulation and insulated glass windows give year round comfort. No two persons ever have the same idea about how a home should live. That's why we offer a variety of sizes and combinations allowing our clients to create the perfect home that suits the one who best knows your needs . . . YOU. We've put all the details in a planning kit. If you'd like one, send $2.00 to:

Enter The World of Rondesics

RONDESICS HOMES CORPORATION Dept. HG-48
527 McDowell Street • Asheville, North Carolina 28803

Save on Sears Thrif-T Thermostats, and they'll help you save on fuel costs automatically.



Our Thrif-T Thermostats are another group of Green$aver products from Sears. Because these automatic thermostats help you hold down the energy dollars that go into heating or cooling your home.

There's a Sears Thrif-T Thermostat with a Single Set-Back. In winter, it can automatically turn down your heat while you sleep, then turn the heat back up before you get up. With air conditioning in summer, it automatically sets the temperature up while you are away at work. Then turns it down at a pre-set time before you get home.

There's also a Sears Thrif-T Thermostat with a Dual Set-Back. It gives you two separate timing functions that automatically raise and lower temperatures during both your sleeping hours and the hours you're away from home.

These Green$avers work for you whether you use oil, gas or electricity. They replace most existing thermostats quickly and easily. There's no additional wiring. A screwdriver is all you need. The 24-hour quartz timer runs on a special, long-lasting NiCad battery that recharges itself.

So save now at sale prices. And start saving on fuel automatically from then on.

Here's the kind of heating/cooling savings Sears Thrif-T Thermostat can help you achieve by automatically changing the temperature twice a day.

Approximate Percent of Energy Savings

	Heating (nighttime setback)		Cooling (daytime setup)
	5°	10	5°
ATLANTA	11%	15%	9%
CHICAGO	7	11	16
DALLAS	11	15	8
LOS ANGELES	12	16	20
MINNEAPOLIS	5	9	8
PITTSBURGH	7	11	10
ST. LOUIS	8	12	9
SEATTLE	8	12	9

Above savings are based on computer study of a one-story home of 900 square feet with four people in the household. Heating savings based on daytime setting of 75° and nighttime setback from 10PM to 6AM. Cooling savings based on 75° nighttime setting and daytime setup period from 5AM to 4PM. Your savings may vary.

ON SALE

at most Sears retail stores

SAVE $5 or $10

HEATING/COOLING UNIT

Single Set-Back

REG $54.99 NOW $44.99

Dual Set-Back

REG $59.99 NOW $49.99

HEATING ONLY UNIT

Single Set-Back

REG $44.99 NOW $39.99

Dual Set-Back

REG $49.99 NOW $44.99

Sears

Sale starts April 30, ends June 3, 1978

© Sears, Roebuck and Co. 1978

Prices and dates may vary in Alaska and Hawaii.

Norelco presents a shopping list to help you shop for the right food processor.

Make sure it has a choice of controls with a Pulse Switch. The extra-fine control of a pulse switch lets you start and stop in an instant. So you won't cream your carrots, batter your batters. Or puree your pâtés.

Make sure it has a Direct Drive Motor. This means it'll have the added power to do tough jobs like chopping meat, mixing and kneading. And the added durability to do these jobs day after day.

Make sure it has 4 blade attachments. With 4 blade attachments, you'll always have the right blade to deftly cut hard and soft cheeses and vegetables. As well as chop and shred, grate and grind, slice and dice your way through gourmet and everyday recipes.

Make sure it works quietly. Food processors perform with unheard-of speed. Ideally, their noise should be unheard-of, too. Get a machine that's as easy on your ears as it is on your hands.

Make sure it stands firmly on the counter. The Norelco Food Processor doesn't start walking when it should be working. No matter how tough the processing gets.

Make sure it has the Norelco name on it. No other food processor offers you more for less. And Norelco does it all without cutting corners on quality. No wonder *Time* magazine calls the Norelco Food Processor "Best buy in its [price] range."



Norelco® The most food processor you can get for the dough.

© 1978 North American Philips Corporation, 100 East 42nd Street, New York, N.Y. 10017

POTPOURRI— IT MAKES SCENTS

(recipes for the garden mixtures on page 168)

You can gather your ingredients from your garden, or local fruit shops, or pharmacies, or you can send away to mail-order sources. Two good ones are: Aphrodisia, 28 Carmine St., New York, N.Y. 10014 and Caswell-Massey, 518 Lexington Ave., New York, N.Y. 10017.

Old rose potpourri

This recipe is strongly rose-scented, so you may want to add a few more cardamoms for a spicier, less floral effect—or a bit more lavender or sandalwood.

¼ pound dried rosebuds (about 5 cups)
3 ounces oakmoss (about 3 cups)
3 ounces lavendar (about 3 cups)
½ cup sandalwood, powdered
1 cup broken-up cassia bark
2 medium pieces dried ginger, crushed
1 tablespoon allspice berries, crushed
6 cardamom pods with seeds, crushed
½ nutmeg, grated
1 teaspoon powdered cinnamon
2 or 3 tonka beans, broken up

Cost to prepare: about $13 per pound.

"Four centuries" potpourri

An Elizabethan recipe originally created for a "Quilt Bag," which, when sprinkled with white wine and heated, was applied to relieve aches and pains.

½ pound sweet melilot (about 4 cups)
3 ounces camomile flowers (about 2 cups)
¼ pound rosemary (about 3 cups)
3 ounces elder flowers (about 1 to 1½ cups)

Continued on page 73



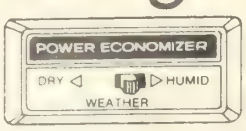
Clockwise: Four Centuries, Country Herb and Spice, Old Rose potpourris.

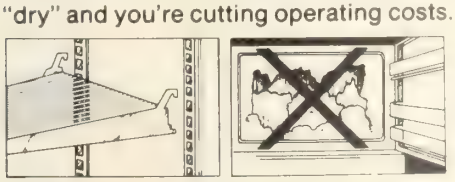


$100 off

this 18 cu. ft. frostless refrigerator.

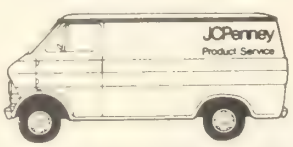
Save $100 on this 18 cu. ft. refrigerator and save energy, too, with Power Economizer. Just flick the switch to "dry" and you're cutting operating costs.





Get other great features, too. Like a door that fits any kitchen layout, an optional ice maker, two vegetable pans, adjustable shelves, and there's no defrosting, ever.

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GFI

otpourri
ntinued from page 70

vanilla beans, broken up
tablespoons anise seed, crushed
tablespoons fennel seed, crushed
teaspoon caraway seed, crushed
ind of 4 lemons and 4 limes, dried and broken up
ost to prepare: about $10 per pound

Country herb and spice potpourri

you like the clean, biting scent of citrus, add an extra orange or lemon peel. ny of the optional ingredients, thoroughly dried and gently crumbled, make n unusual aromatic addition to this otpourri.

4 pound dried peppermint leaves (about 5 to 6 cups)
4 pound dried lemon verbena leaves (about 5 to 6 cups)
ounces dried crumbled sage (about 1½ cups)
ounces orris powder
bay leaves, crumbled
ounces fenugreek seeds, crushed
Whole cloves (1 package)
Peel of 3 oranges and one lemon
Sweetfern, sweet gale, bayberry leaves (optional)



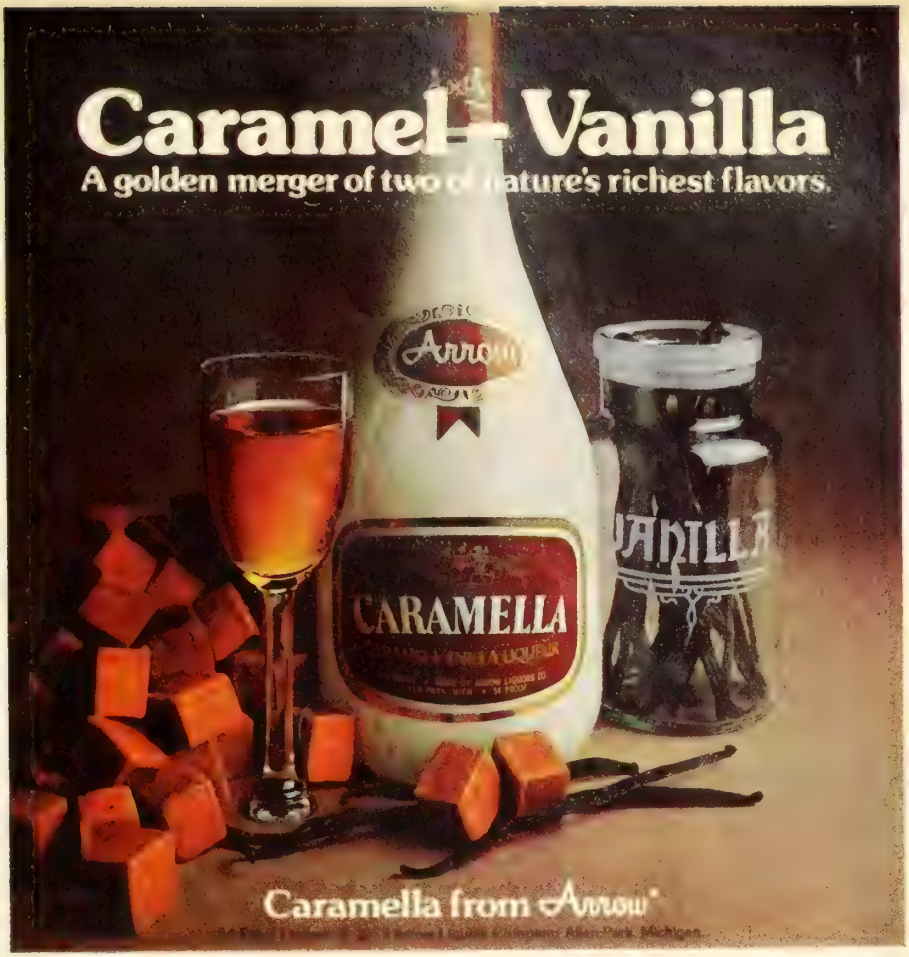
Clove-studded citrus peel to be added

Peel fruit rind in continuous strips and stud with whole cloves along the length of the strips at intervals of about ½ inch. Cut with scissors between each clove, let the pieces dry 4 to 5 days, then add to potpourri.

Cost to prepare: about $12 per pound.

Note: Maida Silverman does not advise the use of oils in a potpourri, as they're overpowering—the natural perfumes of the ingredients are much nicer and last very well. ■

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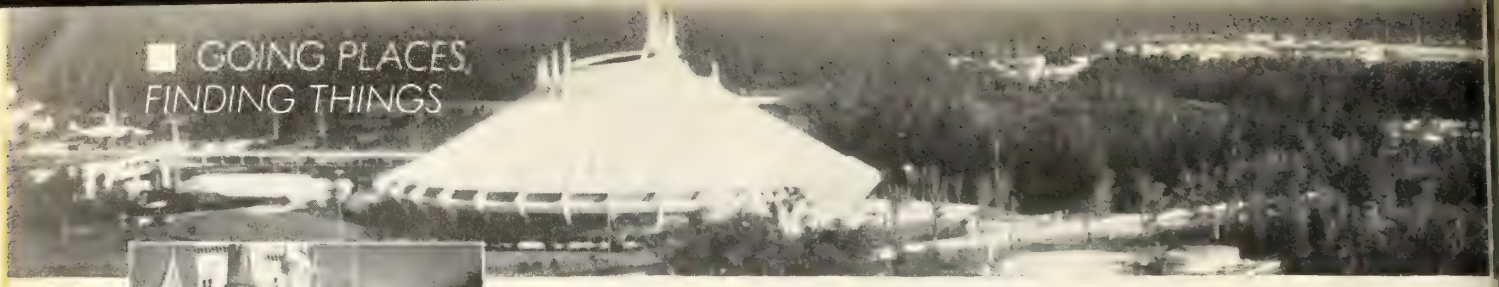
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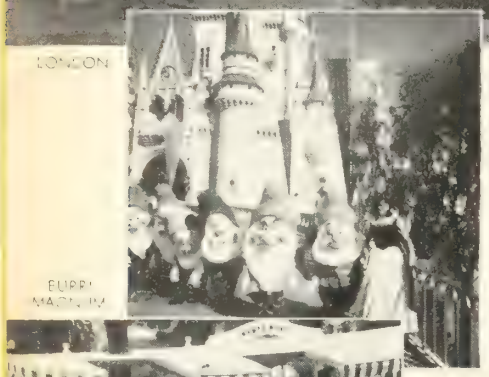
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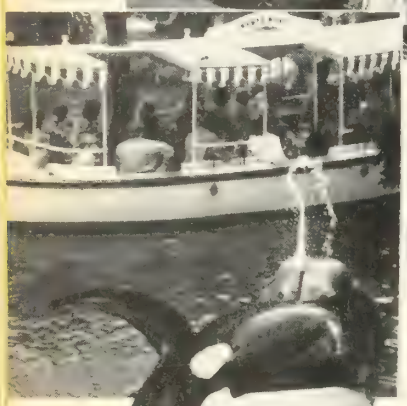


FLORIDA'S PLEASURE PARKS

Disney World, Busch Gardens, Sea World: How you can have as much fun as the children without even trying

By Beverly Russell







Pleasure parks in Florida. From top: Space Mountain at Disney World; Snow White and her Seven Dwarfs; Jungle boat ride at Disney World; white whale at Sea World.

You don't have to have children to enjoy Disney World. You could be a grandparent and still get exhilaration from all its adventures, revel in the luxury of its hotels, restaurants, manicured gardens. But going there with children heightens the experience. We went in June, during the two weeks before summer camp begins and when it's really not hot enough to enjoy the beach in New England or Long Island. A swift trip to Florida bridged the gap perfectly, and with two children—my son Benjamin, 13, and his cousin Jasmine, 8—it was even possible to relax quietly alone —while *they* let off steam together, perfectly safe riding the monorail or boating on the lake.

Day 1

9:25. Delta flight to Atlanta from L Guardia. Brunch of scrambled eggs, sa sages, hot biscuits. A smooth change plane two hours later to a Lockheed Tr star L-1011 "the latest state of the art reports the pilot, reminding us that ju *one* of its four cabins measures the sam length as the Wright brothers' origin flying machine. So to Orlando, where i our Hertz car ($109 a week unlimite mileage) we follow the road signs t Disney World.

3:00. Check-in at the Polynesian Villag Hotel, our hostess helps us park the ca transferring the baggage to an electri golf cart and driving us through gree velvet lawns to the Polynesian Village The temperature is an appropriate 9 degrees as we reach the South Sea Islan long houses, each 3 stories high with 70 odd very comfortable rooms in eac (ours all green and white with pretty leafy wallpaper and lattice print cur tains) perched on the edge of silver Papeete beach on Disney World's man made Seven Seas Lagoon. We step ou on to our green carpeted balcony glimpse a surf rider through the palm trees. It's too tempting! The children swim; then take a yellow "Aqualark" motorboat across the water. I sip a strawberry daiquiri (rum, strawberries, lemonade, all fluffed up like soft ice cream) from *(Continued on page 76)*

You and your car can take the train to Florida

By Penelope W. Linck

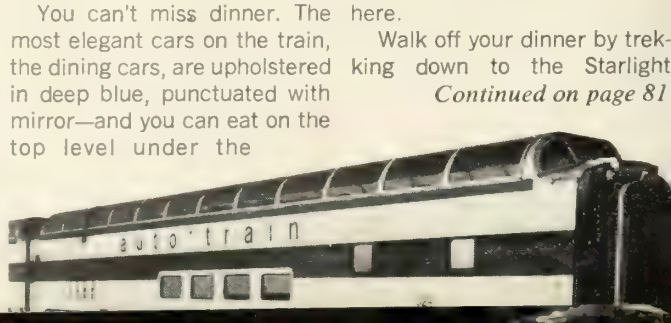
Should you want to take your car to Florida but don't want to drive all that way, you can take the Auto-Train to Sanford, a short car-trip away from Disney World, Cape Canaveral, and Sea World. The train is a flashy, streamlined village-on-wheels that shuttles passengers (cars and people) to Florida daily saving 900 miles of driving in a pleasant 17 hours. Each car must be accompanied by a driver, and you must bring your car to ride the train!

Cars ride aboard two- and three-decker enclosed auto-carriers (they're too high to get under existing railroad bridges into most cities so Auto-Train built its own stations in Lorton, Va. and Sanford, Fla.). A young, enthusiastic, and polite crew show you to seats or compartments. (Reserve way ahead if you want one. They come in all sizes to fit from 1 passenger to 5 and there are berths.) Lots of people choose the seats, each of which comes complete with pillow and blanket and adjustable back and footrests. And what could be more romantic than sleeping under the sky on the top deck of the observation cars? Wide windows wrap up and over your head. Supplies of books and needlepoint lie forgotten as everyone gets caught up in watching the stars overhead plus slices of life slipping by along the track. People do still wave at trains.

You can't miss dinner. The most elegant cars on the train, the dining cars, are upholstered in deep blue, punctuated with mirror—and you can eat on the top level under the stars! Marriott caters the food, providing a choice of three entrées and desserts as well as a salad and vegetable. Beer is available, plus California's Los Hermanos red, white, and rosé wines, $1.50. For between-meal snacks, there are buffet cars fitted with booths and tables and hot-drink machines. Many passengers play cards here.

Walk off your dinner by trekking down to the Starlight

Continued on page 81



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*Your mileage depends on how and where you drive, your car's condition and equipment. Cutlass Cruisers are equipped with GM engines produced by various divisions. See your dealer for details.

Oldsmobile

Can we build one for you?



Cutlass Cruiser

Custom Cruiser

There's a lot of News in Olds today.

GM

continued from page 74

the thatched-roof bar by the pool. South Sea Island music wafts through the flowering trees, exotic birds chase each other through the laburnum bushes. A little sun, then a quick spree in the Polynesian Princess boutique (black maillot, $28) before the children breeze in from the boat dock. (The Main House at the Polynesian is composed of shops and restaurants around a luscious indoor garden of tropical foliage.)

6:00 P.M. The beach is deserted. We take a quick dip, the water's so soft and warm you could stay in for hours. We watch grass-skirted dancers rehearsing for the evening luau farther down the beach. It could be Tahiti—if it weren't for the Star Wars-type monorail towering around the perimeter of the lagoon.

Benjamin on boating:

For $6, and a lot of gab from mother, I decided to take Jasmine and myself for a ride in a yellow "Aqualark." These boats are approximately 7 feet in length and are powered by a Mercury 10 horsepower engine. Once you see these little runabouts, you are hooked. After a half hour of full-throttle cruising, jumping wakes, making high-speed turns, and generally messing about, we cruise into the boat dock and park. For fast thrill types like me, these do not fully satisfy you, but are worth the money. After about 10 minutes searching for mother, we find her busy drinking strawberry daiquiris. We tell her we need another test ride, but are told to go and jump in the lake, which we promptly do. Oh, there's always tomorrow. And besides we want to go to Space Mountain . . .

8:00. Changed for dinner, we take a dusk ride on the monorail from the Polynesian resort station, to get a feeling of Disney World's geography. From the Polynesian, the train stops at the Magic Kingdom. (Cinderella's castle is the jewel in this fairytale land of adventures and thrills.) We save the Magic Kingdom for tomorrow and continue on the monorail to the Contemporary Hotel, where the train glides right into the massive A-frame building. We get off at the Grand Canyon, a busy shopping center and find the ambiance quite different from the Polynesian. Here it's much more urban and modern. It's clear that there are many different vacations at Disney World. The Contemporary is just that—glitter and glamour with the "Top of the World" restaurant on the 15th floor. But the visitor who likes the opposite of this—peace, quiet, and solitude—can have that, too, at the Golf Hotel (known to the bright young things as the cemetery). We are glad we chose the palm-fringed tropical shores at the Polynesian.

9:00. As we ride the monorail back, the evening procession of seahorses and floats crosses the lagoon, lit up with myriad lights, choreographed to music.

9:30. And so to the Luau Cove for Polynesian dinner (barbecued ribs, sweet and sour vegetables, saffron rice) in a thatched-roof, open restaurant. Mai Tais are served on the lawn as we wait for our table. The late beach show of South Sea Island dancing and Hawaiian guitars gives you a fabulous view of the nightly fireworks displays. Bursts of brilliance explode over the water, each dazzling cascade seems to get nearer and nearer.



The log flume ride, one of the thrills at Busch Garden's Dark Continent.

Day 2

9:00. Breakfast order phoned through and promised in half an hour. And it is on time. The waiter comes with the morning newspaper. Polynesian breakfasts for the children (scrambled eggs and bacon), Village breakfast for me (grapefruit, cereal). Cameras equipped, we take the Monorail to the Magic Kingdom. And into the adventures—the Pirates of the Caribbean, the Haunted Mansion, It's a Small World. (Jasmine's face lights up with smiles here, "everything's so pretty.") On to the tossing and turning Mad Tea Cups. It's hard to stand up after that, but we brave it to the American Is Beautiful pavilion for a nine-screen, in-the-round, 360-degree movie tour of the U.S. from Rockport, Mass., to winding cobbled streets in San Francisco. There's only one other movie presentation like this in the world and no prizes for guessing it's in Disney Land, Calif. At last, it's time for lunch. We sink into comfortable booths away from the crowd at the Top of the World restaurant in the Contemporary Hotel. It's a cool, refreshing experience, a serve-yourself buffet of cold salads and hot roast beef. We don't have room for dessert. Ready to return to the Magic Kingdom, the children discuss the afternoon program. Space Mountain or the PeopleMover? Soon, we are blasting off to Mars! Then it is on the PeopleMover (when will other real cities copy the Walt Disney transportation inventions?). We follow this ride with the show at the Diamond Horseshoe Saloon. Then back to the lagoon for a swim, *me*; more boating for them.

Jasmine on the Diamond Horseshoe Show:

First come funny film pictures. Then can-can dancers came out, showing frilly skirts. Then, wow, a very pretty gal came out. She started singing and the girls did splits and pretty things like that. Oh, yes. I forgot to say that we sat in a box and the girls came right up and posed in front of us.

Benjamin on the Magic Kingdom:

The Magic Kingdom is the "bees knees," as some people would say. Once you go there, you'll want to go back next year. One of the best attractions is the Hall of the Presidents in which there is something like a slide show. This tells us something about the more famous presidents, and then the curtain is opened, revealing the presidents including Jimmy Carter. They all move in one way or another and Abe Lincoln even stands up and makes a speech. This is the best example of audio-animatronics in the whole of the Magic Kingdom.

6:30. Dressed and ready for an early dinner, we drive 15 minutes to yet another slice of Walt Disney World—Lake Buena Vista, the Walt Disney village. Rustic shops, a clubhouse, several restaurants, pretty villas, and motels around yet another man-made lake, make this a convenient vacation choice for many families. You can rent a tree house here, or a town house, cater for yourself, buying food in the village shops. There's plenty of action, too, in this pleasant backwater, on board the Empress Lilly, a gigantic, man-made Mississippi paddle steamer moored by the lake. Inside are four restaurants, including the Steerman's Quarters, a steak lounge, and a bar where there's live music and singing. Upstairs, the Empress Room is a white and gold gourmet's haven with a $35 menu and special wines up to $35 a bottle. You sit and sip cocktails on Victorian brocade sofas, listening to a harpist, before going in to eat, which is a 3½-hour procedure. We go forward to The Fisherman's Deck restaurant, where a jazz trio plays as we order fresh seafood. Steak, shrimp, and fried oysters for the children. Fresh Florida snapper for me. Chocolate fudge sundaes for them. Iced tea for me.

9:00. We are back in the Magic Kingdom for the Main Street Electrical Parade, a kind of electronic Mardi Gras of music and lighted floats. Fairy-tale characters, Cinderella, Snow White and the Seven Dwarfs, Mickey Mouse, mixed in with butterflies and beatles, caterpillers and octopuses are all silhouettes in electric pinpoints of lights, with lights in their costumes and even lights in their wigs. When it's all over Benjamin makes a dash for Tomorrowland and Space Mountain.

Continued on page 78


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ENIT

continued from page 76

Jasmine and I go to bed.

Day 3

Fort Wilderness is another side of Disney World. It's a rustic, "frontier" land on the other side of Bay Lake with over 800 campsites. Here you rent a horse, play cowboy, and live a wonderful outdoor life. The center of it all is Pioneer Hall where evening do-si-do entertainment goes on. We take a canopied motor launch and enjoy the hour-long cruise across the water from the Polynesian. During the day everyone swarms into River Country and its ole swimmin' hole. This man-made aquatic spectacular has a 260-foot rushing flume of water leading down to the pool. Picnic lunch of fried chicken on the beach and we are ready to return to the Polynesian Village for more boating and swimming, a quiet dinner in our room, before one last visit to the Magic Kingdom. Jasmine and I take our last adventures, riding the old steam railroad, seeing the Enchanted Tiki Birds, laughing at the Country Bear Jamboree, shopping for candies, sauntering down Main Street looking at the shops and listening to a New Orleans jazz band. Benjamin takes off independently into Tomorrowland for two more adventures in Space Mountain.

In three days, of course, you can't see or enjoy anywhere near everything Disney World has to offer. I suspect you could return time after time and not see it all. You need cool, comfortable clothes to enjoy it best. Children and grown-ups need hats and sunglasses and T-shirts, or dresses that cover the shoulders to avoid sunburn in summer. Pants or an easy skirt are essential for getting in and out of cars, trains, Mad Tea Cups, and other transportation. Be kind to your feet. Wear comfortable low sandals. Men wear casual dress at night, with a jacket and tie at smarter restaurants. Women dress up at the more sophisticated restaurants, equal to any big resort. The weather can be extraordinarily hot in June, more comfortable at Christmas, which is when Disney World is at its most crowded. If you don't have children clamoring to go with you, you'll find it less crowded out of school vacation time. If you like sports, there's plenty of tennis (with illuminated courts at night) plus three 18-hole champion golf courses. We were sorry to leave, of course. Happy though that we did meet and shake hands with three larger-than-life-size walking, talking Disney characters, Pluto, Goofy, and Mickey.

Two more pleasure parks

1. After you've been in Disney's domain a few days, you may seek some alternatives. About 10 minutes away is a 180-acre park called Sea World. Here an in-

Continued on page 81

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orida's pleasure parks
ntinued from page 78

uctive group of pavilions and attrac-
ns are devoted to marine life. As the
ermometer soared to 100 degrees we
joyed the cool darkness of the exhibits;
e Great White Shark, frozen in an icy
mpartment; the aquarium with a lem-
and nurse shark; the dolphin feeding
ol. Once outside of Disney World, you
adually realize the high standard of
sney performance, in everything from
ndscaping to garbage collection and
aitresses. None of the Sea World host-
ses seemed as polished or accom-
ished in handling crowds as their Dis-
y counterparts. Still the sea lion and
her shows are very professional. The
ater ski entertainment with Batman and
obin is a dazzling display of daring
mps and thrills.

Two hours drive down Route 4 is the
usch Gardens in Tampa where you can
ke a day trip to the Dark Continent.
ou begin in Marrakesh, browsing
rough an open air casbah, watching
elly dancers, or sipping coffee in an out-
oor café. From here you can take a
onorail ride across the Serengeti Plain,
here giraffe, rhinoceros, cape buffalo,
nd elephant herds even stand in the
ath of the train. The children begged to
o to Stanleyville, where more active ex-
itement with Bengal tigers beckons.
here we plunged on the Stanley Falls, in
boat—Florida's longest and largest
ume ride. Next stop, Nairobi, where
hey pet less-than-wild animals, such as
oats and monkeys. With theatres and
estaurants (The Old Swiss House seems
eographically unrelated but the food is
ood), and 2,500 exotic birds flying
hrough the trees, Busch Gardens is a
ood day's outing. You could make it at
he end of your vacation, staying a few
ights on the beach at Clearwater and
lying home from Tampa.

Getting There

From Los Angeles, Delta has a one-stop
light to Orlando that stops in Dallas.
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vill be in effect this summer: book 30
lays in advance, stay at least 7 but not
nore than 45 days. Save from 30 to 40
ercent depending on the day you travel.
From New York, Boston, Washington,
D.C., and Atlanta fly Eastern nonstop to
Orlando. Super Saver fares also in effect
t Eastern. ■

Auto train to Florida
ontinued from page 74

Lounge (the train is often ¾ mile long),
he Auto-Train's own night club, for a
ightcap and listen to a few songs by
Billy Dale, an easy folk-rock singer, or
one of the other entertainers with whom
he switches trips.

Trains have a few peculiarities—they toss around on the track bed a bit—but handrails line all passageways which are carpeted up the walls, too. The train runs at about 65 M.P.H.; it could go faster, but the slower speed is a more comfortable riding speed. The train stops every 3 to 4 hours or 150 miles—union rules—for a new conductor, brakeman, flagman, and engineer to come on. There's a division of labor here: Auto-Train crews take care of the people, while only employees of the railroads over whose tracks Auto-Train runs can drive the engines.

Amateur historians will want to talk to the conductors—Auto-Train is high seniority duty—so conductors have maybe 35 years of railroading behind them. And they love to talk . . . about the days of the steam engines, crack trains, how conductors had their own cabooses and engineers their own engines. But they like riding Auto-Train, too, and say its success is good for railroading. Cabooses are no longer red; they're bright blue or yellow or red, white, and blue!

WHEN YOU GO

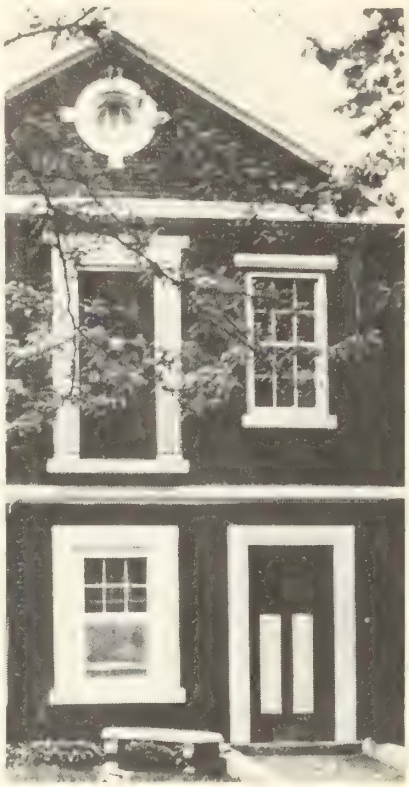
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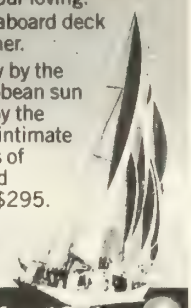
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2. Spend a week at Walt Disney World for as little as $66 plus railfare with Amtrak's Florida Sunland vacation. **Amtrak Presents the Rediscovery of America** offers 82 tours priced from $7.50 to $2,773.

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4. "Walt Disney World Plus"—6 nights for as little as $98 excluding airfare—includes a car with unlimited mileage, admission to and transportation within the Magic Kingdom, and admission to 4 other parks. One of twelve tours in Eastern Airline's **The Real Walt Disney World and Central Florida.**

5. The Southern Luxury Vacations from Eastern Airlines: golf in North Carolina; sightsee in historic Charleston; visit the Callaway Gardens near Atlanta; relax in sunny Florida.

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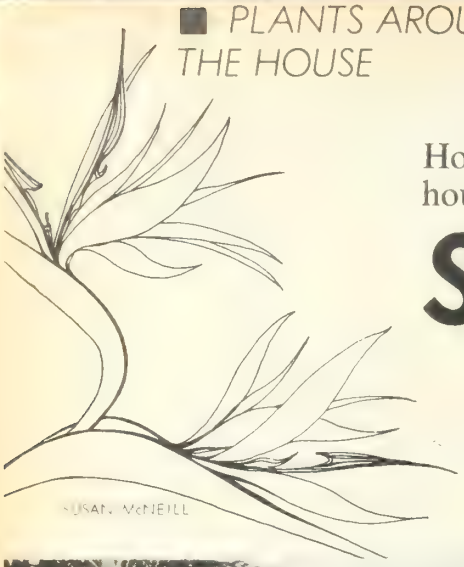
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How to gain satisfaction and save money by growing house plants from seeds/By Richard Langer

SEEDS of PLEASURE



Above: **Palms set in a bright corner, here by Linda Wolf.** ***Top:*** **Strelitzia flowers.**

Most popular house plants—among them philodendron, begonias, peperomia, schefflera, gloxinia, and a host of others—can be grown from seed for a fraction of the cost of buying the plants pregrown. And it's a lot of fun. So what's the catch? Time, that's what.

In our instant society, most of us have come to accept a ready-made world. Although the trend, exemplified by needlepoint, gourmet cooking, and hobby carpentering, is back to making things ourselves, this enthusiasm has only recently entered the world of house plants. Growers are discovering that while it may take a year to bring a seed from its diminutive dormant self into a lush, flowering plant, the pleasures and rewards of growing one's own make it more than worthwhile.

Surprisingly, even though the patience required might seem to suggest otherwise, growing plants from seed is also the best way I know of getting children involved in gardening. Even my youngest, not yet 4 years old, takes special pride in the plants she's grown from seed. The main problem here is quantity: What does one do with some hundred-odd orange trees, grown from carefully culled seeds? Switch to seedless oranges and bananas? Well, that's one answer. The other is to order enough different seeds to keep all the pots, and all the children, occupied.

The first thing you'll need, after acquiring the seeds, is good sterilized soil. The various formulas for favorite soil mixes are probably more numerous than the recipes for beef stew. Almost all of them will work as long as they are sterile and light. If you don't have your own favorite starter mix, try a simple one, such as one part sterile potting soil, one part milled sphagnum moss, and one part vermiculite. It works well with almost any seed. Just be sure it's well moistened before sowing your seeds.

The choice of containers to hold your potted seed garden is equally broad, ranging from the standard clay pot to leftover plastic refrigerator containers. The one thing you need to do is to conserve moisture. That means putting your pot (or pots) in a plastic bag or some other transparent container.

First fill the pot with soil. Then plant the seeds, or scatter them on the surface. Mist the top of the soil with tepid water. Now find a few small sticks to put around the edge of the pot. Slip the whole affair into a leftover plastic bag from the dry cleaners. This will keep the humidity around your seeds and seedlings at a happy level, while at the same time keep the plastic roof clear of your seedlings as they emerge.

Once the seeds have sprouted, leave the bag open a little on one side to allow ventilation. Day by day, leave more of the pot exposed until, say in a week or 10 days, you've removed the plastic entirely. This will harden the plant off to your home environmental conditions—which, incidentally, is another advantage of growing your own house plants from seed. Not only is it fun, and a money saver, but you'll have happier plants. Starting life under home conditions rather than those of a nursery down in Florida, they will be healthier, avoiding any kind of relocation shock.

Here's a baker's dozen of house plants for the beginner to grow from seed. Packets are usually available at local plant stores. If you have any difficulty in locating them, most can be ordered from the larger seedsmen, such as Geo. W. Park Seed Co., Greenwood, S.C. 29647 (catalogue sent free on request).

☐ **ALOE**

An easy-to-grow, long-lived succulent whose juice works as a soothing burn ointment. Just break off a leaf and rub gently on the burned area. *Aloe barbadensis* is also known as the first-aid plant.

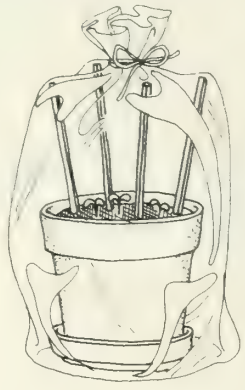
Seeds take roughly 1 month to germinate, with good-sized plants developing in 6 months. The seeds can be sown any time of the year. The seed bed should be kept warm and moist, but the plants, once growing, like their soil on the dry side. They need lots of sun from the first sign of growth on.

☐ **STRELITZIA (Bird-of-Paradise)**

This one is included, not because it's recommended particularly highly, but because the seeds are frequently advertised as producing incredible flowers for pennies. Which is true. What is not usually mentioned, however, is the fact that it can take up to 5 years to get those flowers. Sometimes they appear in a couple of years, but be prepared to wait.

GROWING SEEDLINGS

Take your pot filled with soil, mist the top with tepid water, plant or scatter seeds. You need a few stakes around the edge of the pot. Then slip everything into a plastic bag and wait for seeds to sprout.



Seeds germinate in from 1 month to 1 year, which is one of the reasons it's so hard to determine how long it will take to get the Bird-of-Paradise off the ground. Soaking the seeds in tepid water for a few days before planting often helps to break their dormancy. Once sprouted, the seedlings need as much sun as you can give them.

The Reginae Dwarf, available from Thompson and Morgan, Box 100, Farmingdale, N.J. 07727, is a dwarf variety excellent for pot culture. It's also a bit quicker in germinating.

☐ **DIZYGOTHECA ELEGANTISSIMA**

For really quick action, try the popularly named false aralia. The seeds take less than a week to germinate, and the plant, which is grown for its foliage, is no laggard either. The seeds need light to

Continued on page 86

Just about everything that grows in your yard is going to look better when it's fed. And you don't have to know much about your trees, shrubs and flowers to do it right. You don't have to know much about fertilizers, either.

We have a simple word for well-fed flowers, shrubs and trees. It's "Grow."

Take flowers like marigolds and geraniums. The right fertilizer will give them the nitrogen, potassium and phosphorus they need to get you more blooms and brighter color. Ordinary soil by itself just can't come up with the nutrition to do this. It needs some help.

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Here at Scotts in Marysville, Ohio, we make one fertilizer you can use on all your flowers. And that includes seeds, seedlings and full-grown perennials. We simply call it Grow Flowers.

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While most fertilizers are made to release their nitrogen right away, we make ours to release its nitrogen slowly. Your flowers get a good feeding to start off with, then a little more week after week. This longer feeding is what helps give you more blooms on your plants and brighter color too. (You look better when you eat regularly. And so do your flowers.)

As you can see from the boxes below, we also have some simple ways to take care of your shrubs and trees, acid-loving plants and transplants. The nutritional ingredients in each of these are in correct proportion to their use. (Flowers need more of one thing, trees more of another.)

They're all safe to use if you just do what it says on the package. Like every fertilizer we make, each one has our special slow-release formula for a balanced, prolonged feeding and slow even growth.

We tested all these fertilizers ourselves so we know just what they can do. They will give you healthy looking plants and better growth and that's a promise.

You'll find our guarantee right there on every box. It says, "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back. Simply send us evidence of purchase and we will mail you a refund check promptly."

We made that simple too.



continued from page 84

germinate, so place them on top of the soil. Don't worry, the roots will burrow down promptly enough. Keep the pot in a sunny window where it's warm. But, at all costs, avoid drafts, which can cause the leaves to drop off with alarming rapidity. You'll have foot-tall specimens in about a year.

☐ **EUCALYPTUS CINEREA**
The lovely silver-dollar plant is a fast-growing, exotic foliage plant that's easy to grow from seed. Germination takes 2 to 3 weeks in a sunny window. Plant the seeds any time of the year for a potful of intriguing bluish silvery leaves that add color contrast as well as unusual form to your indoor greenery.

☐ **HARPEPHYLLUM CAFFRUM**
A native of South Africa, this tree bears edible plumlike fruit, hence its popular name, Kaffir plum. Fruitless indoors, it is nevertheless a very showy foliage plant with deep green, curly-edged leaves. Seeds take about 2 weeks to germinate, and the plant will grow well in a partially sunny location.

☐ **PALMS**
While palms are attractive and popular plants for indoor gardens, and the seeds are often available, the caveat concerning palm seeds is that they're in no rush to germinate. One of the natural ways in which palms assure themselves of continuing generations under rather hostile conditions is the producing of time-released seeds. In any one batch of seeds, there are some that will germinate almost instantly, others that will take weeks, others months, and still others years. Since there's no way of knowing which ones have ended up in your pots, a lot of patience may be required. Soaking the seeds in warm water will usually help break dormancy—but remember never to let them dry out afterwards. Keep in a sunny warm spot forever.

☐ **PEPEROMIA**
Quick and easy to grow, most peperomia seeds germinate within 3 weeks. The one thing to look out for is stem rot due to overly moist soil. The peperomias as a group like their soil on the dry side; not dry enough for the plants to wilt, of course—this will stunt the seedlings if not kill them—but drier than such house plants as African violets and begonias.

☐ **SINNINGIA SPECIOSA (Gloxinia)**
The lush and expensive florist's gloxinia is easy to grow from seed. Just remember it's another species that needs light for best germination. And don't sneeze while planting, because the seeds are hardly more than dustlike in size. They can be planted any time, although late summer is traditional. Since the plants take about 4 to 7 months to reach blooming size, this means they'll be ready for the holiday season. Buell's Greenhouses, Eastford, Conn. 06242, is an excellent source of seeds for these plants, with a large selection of striking hybrids available (list, 25¢, plus self-addressed stamped envelope).

☐ **PHILODENDRON**
A surprising number of this "doctor's office special" can be grown easily from seed. Among them are *P. lundii,* with broad, arrowhead-shaped leaves, *P. petrusum* (monstera deliciosa), the familiar climbing round cutleaf philodendron, and *P. bipinnatifidum,* or elephant ears, to name a few. Most of the seeds take less than a month to germinate, but there are some stragglers that can take considerably longer. Their soil should be kept on the moist side, and partial sun is a growing boost, although good indirect light will suffice.

☐ **PILEA REPENS**
Pilea seeds germinate readily in 2 weeks or less, with mature show specimens developing in 6 to 10 months. *Pilea repens* is the most readily available seed. The plants grow into nice hanging-basket specimens, the crinkled bronzed leaves often topped off by clusters of white flowerheads when grown in bright indirect light.

☐ **BRASSAIA ACTINOPHYLLA (Schefflera)**
The various species of schefflera seeds available all produce the familiar foliage plant with its shiny multifingered leaves. They take 2 to 3 weeks to germinate, about a year to reach a foot in height, and the sky's the limit after that, with the plant adding about a foot a year to its vertical growth.

☐ **GREVILLEA ROBUSTA**
The so-called silk oak is an excellent bit of featheriness for homes too dry to sustain a good glen of ferns. Although delicate and frondy in appearance, the silk oak's leaves are tough. Seeds normally take around 3 weeks to germinate and must have at least an hour of sunlight a day in order to sprout. The plant itself can grow under most light conditions from shade to full sun, but it does like a temperature on the warm side—75 degrees during the day—and soil on the dry side. It grows about a foot a year, developing into an exceptionally attractive indoor tree.

☐ **SAXIFRAGA (Stolonifera)**
The strawberry geranium makes a splendid, no-special-care hanging-basket specimen. A seed usually takes less than 2 weeks to germinate, and once it's growing, there's no stopping it. ■

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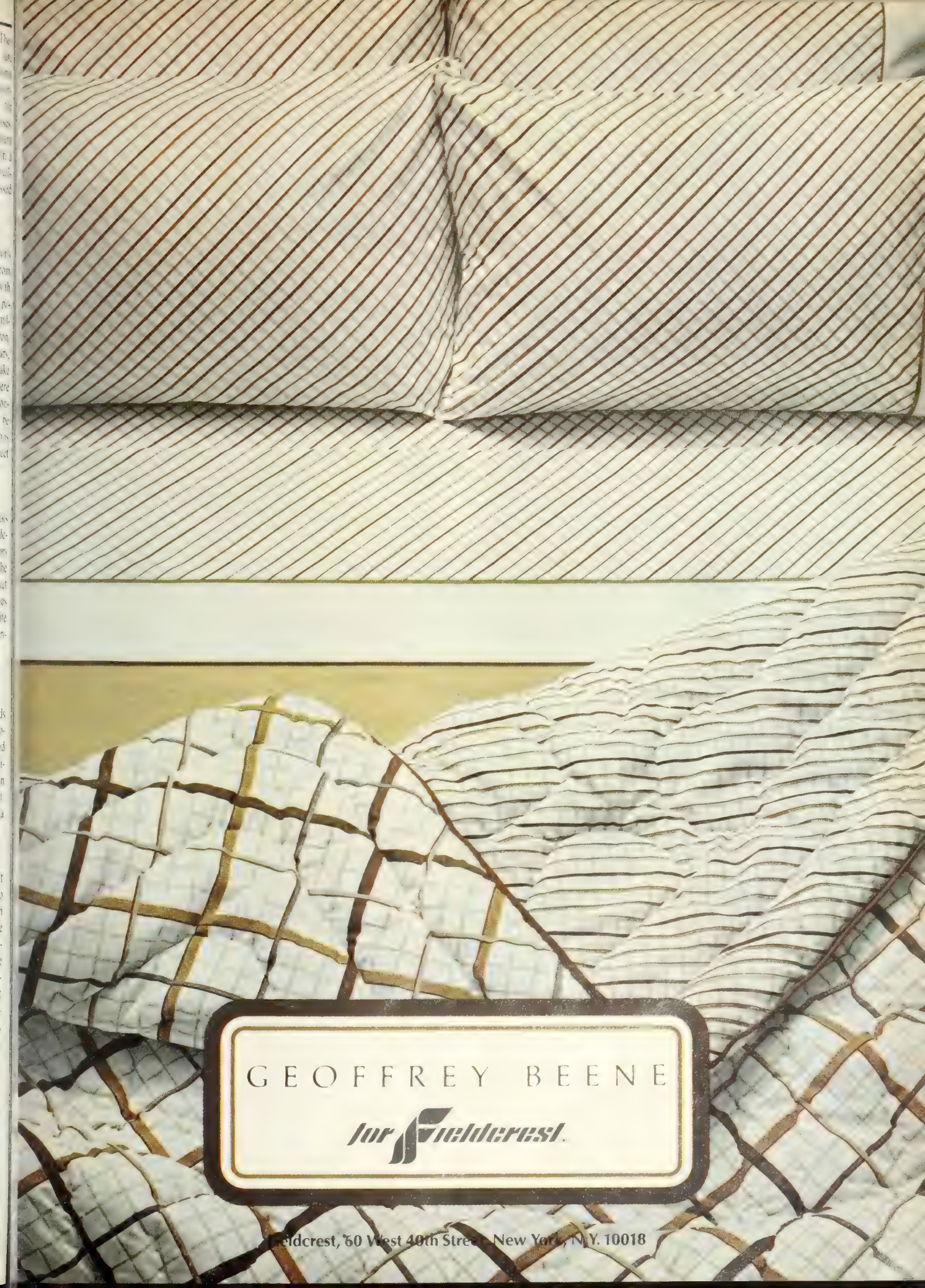
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SAN BRUNO Coronet Furniture 494 San Mateo Ave
SUNNYVALE Carpet America 201 West ElCamino Real
SAN FRANCISCO Floor Styles, Inc. 1899 Mission St
Sunset Floor Coverings 2181 Irving St
PLEASANT HILL Sav-On Carpets 2326 Monument Blvd
EL CERRITO House of Carpets 11835 San Pablo Ave
LIVERMORE H.L. Kamp Furniture 2695 First St
NAPA Les' Custom Floors 710 First St
DUBLIN McCurley Floors 7022 Village Parkway
UNION CITY Cherry's Interiors 4116 Dyer St
VALLEJO Tom's Sons Furniture 2525 Springs Rd
OAKLAND National Furniture 2328 Telegraph Ave
Heskett's Carpet Coliseum 48 Hegenberger
SAN RAFAEL Jeannes Carpets, Etc. 901 Francisco Blvd
NOVATO Marin Carpet Service 8 Commercial Blvd
PETALUMA Adobe Contract 460 E. D. St
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FEDERAL WAY Al Whitehurst Interiors 1620-S-312th
EDMONDS Reliable Floor Covering 542 Main St
KENMORE Deluxe Carpet 6515 N E. 181st
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RENTON Imperial Carpets 355 Ranier Avenue North
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THERE'S ROOM FOR IMPROVEMENT



Whatever the style, location or condition of a house . . . if it's lived in, there's always room for improvement. Families change. Interests develop. Hobbies spread out. And, more and more, homes across the nation are becoming the favorite restaurants, the favorite spas, the favorite vacation resorts of the people who live in them.

May—Home Improvement Month—is the ideal time to adjust your home to needed changes . . . to improve it with quality products made by manufacturer members of the National Home Improvement Council whose company names are listed below. If your jobs are major, contact a contractor Council member in your community; he'll see that your jobs are done right. And for super home improvement ideas, read this issue of House&Garden very carefully. It's full of them.

Better Your Living NHIC
National Home Improvement Council

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American Olean is Ceramic Tile.

HOW TO CHECK THE HEALTH OF A HOUSE

especially before buying one

BY WILL MORRIS

In buying any house today, caution should be the keyword. Sales prices have soared sky-high, so it is vital to find out precisely how sound of wind and limb a prospective house may be. More than ever, a comprehensive physical inspection is important to learn what you are actually getting when you buy. Remember that the structure of any house and the heating, wiring, power and water supply, the materials, and equipment that make it habitable are subject to constant change and deterioration. Today, with escalating costs of heating and electricity, and ever-increasing prices of all repairs in labor and materials, it is essential that a house be in good health before you buy it. Of course, you may find a house where repair costs, or a new heating system or plumbing, are compensated for by the bargain price of the house or comparative cost to build a new one.

In considering any existing house, be sure to ask the owner when it was built and try to learn the builder's name and present address. This may not be possible for older houses but, if you succeed, the builder as well as the owner may be sources of other valuable information. The age of a house has a lot to do with the condition of equipment and materials in it, because the electric wiring, heating equipment, insulation, plumbing, and hot-water supply in houses built before World War II may not meet present standards and requirements. Wiring was frequently inadequate, heating systems were often rudimentary, insulation was meager, plumbing was sparse for today's needs. Since these are the principal parts of a house that need checking, it's wise to discover all you can about them at the start. Then, armed with a comprehensive checklist—and flashlight, binoculars, penknife, plumb line, and notebook—you can set out to gauge the fitness of a house at firsthand.

A 12-point checklist

1 **Foundations and basements—the bottom line.** Since the foundation supports the whole structure of a house, it is a good place to start an examination. If there is a basement with masonry walls, do they show vertical cracks or leaks? Are there signs of dampness or moisture on walls or floor? Do you detect a musty odor, mildew patches, or water stains on walls; loose mortar in masonry; rust on pipes, boiler, or water heater? They may indicate a wet basement which can be unending bad news. Look over wood posts, ceiling beams, and joists for rot and note any sagging beams; they could mean shaky structure. On the outside, land should slope away from foundations for good drainage, and water from drain spouts should be carried off so it won't back into the basement. Wood framing such as wall sills should rest on masonry foundations 6 to 8 inches aboveground.



Check foundation wall cracks for leaks

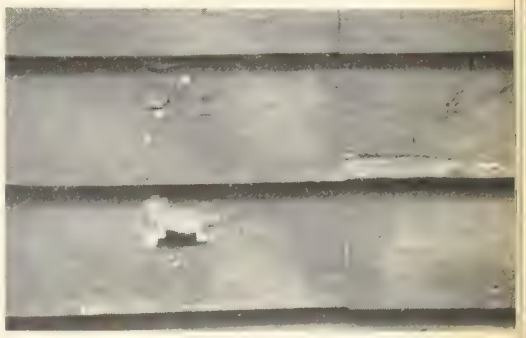
2 **Termites—the invisible enemy.** Termites can undermine the whole house structure; their presence is best checked on wood framing in basements or foundations. Dig into floor beams, sills, and



Probe with a penknife to check for termites

posts with a penknife or icepick. If they are hollowed out by termites or dry rot the tool should sink into it and turn up a powdery deposit. You can find termites, sometimes, by the tunnels they build on masonry foundations supporting wood framing. But they can be difficult to uncover and examination by expert termite exterminators may be wise. FHA mortgage lenders sometimes require this.

3 **Exterior walls—the surface that shows.** Are there bulges in the walls that could indicate structural defects? Do any walls, wings, porches appear to sag? You can judge this by using a plumb line. It could mean faulty foundations or just the settling of the house. Are there missing, loose, or broken wall boards, shingles, or bricks that need replacement?



Peeling, blistering paint must be removed

Have wood siding boards or mortar joints in masonry walls opened to the weather with vertical cracks? Is the wall paint or stain in good condition or will it need redoing? Is paint peeling, blistering, or cracking? A moisture problem in the walls may be causing this. Is the wood or shingle stain blackening?

4 **Roofing—your protection overhead.** If the house has a pitched roof, it should be checked for loose, cracked, curled, or missing shingles or roof tiles that could cause leaks. (You may need your binoculars to see them.) On a flat roof, a deteriorating, cracked bituminous surface, with the top gravel gone, can present the same problem. Inside attic or top-floor rooms look for water stains on



Replace broken, curling, cracked shingles

walls or ceilings that may indicate a leaky roof. Chimneys should be surveyed for cracked masonry which is loose and for fireplaces with tile flues—they are nonflammable. Find out as well if the flashing around chimneys and roof valleys is copper, galvanized metal, or other material and its state of health. Rain gutters and downspouts (are they copper, wood, galvanized metal, aluminum,

Continued on page 98

"THE BEST REASON FOR BUYING A NEW GE REFRIGERATOR IS AN OLD GE REFRIGERATOR." —The Steele Family.



Jane Steele
Verona, New Jersey

GE refrigerators are really built to last. And my old "Monitor" is lasting proof!

My sister-in-law's Aunt Agnes bought it in 1934. Talk about a great investment!

It was handed down to me in 1957, and I nearly didn't take it, I thought it was so old. But after 21 years as our second refrigerator, it still works like a charm!

And aside from a new door seal my husband put on, it hasn't needed one repair.

Of course, it doesn't have all the improvements and innovations GE's added over the years. Like automatic defrosting. And an ice dispenser on the door.

But it really gives me confidence in the reliability and dependability of General Electric products. I told Mary Ellen, get a GE. They can't be beat, really.

Great Aunt Agnes Spina
West Orange, New Jersey

I've spent nearly half a century depending on GE refrigerators.

We bought one of these GE refrigerators in the mid-fifties, after we decided to get up to date and give away the faithful old 1934 GE "Monitor" Jane has now.

What a workhorse! Why, our son and his friends must have opened this door thousands of times.

Soda was always cold, ice cream stayed hard. And, would you believe, it never needed any service.

So naturally, when we modernized again five years ago, we went right back to GE for a big, beautiful side-by-side.

We love how well General Electric refrigerators hold up.

If Suzanne asks us, we'd recommend GE. And we've had enough of them to know!





Mary Ellen Steele Burns
Totowa, New Jersey

General Electric is a name you grow up with. You know it's reliable and dependable.

And with GE, the lower-priced refrigerators give you the same quality and reliability as the most expensive models. I wouldn't feel that same confidence with other brands.

Ours has all the features we need, at a medium price. Plus a fantastically large freezer. Automatic defrosting. And four adjustable shelves.

When we were looking for a refrigerator a year and a half ago, my mother told me GE was the best kind to get, and I value her opinion. And of course we did quite a bit of shopping around.

But no other brand had the features GE did for the same money. Or was as nice-looking, inside and out.



Suzanne Steele Walsh
Morristown, New Jersey

Having had GE refrigerators in the family for so long impressed me more than any brochure or sales talk.

So when we buy our new refrigerator, it won't be a question of "whether GE," but of "which GE."

And I think I know which—this gorgeous dream of a side-by-side!

It has plenty of space, which is important with our five children. And adjustable glass shelves, great for cleaning up spills.

The GE dispenser gives you chilled water, ice cubes, even crushed ice, without opening the door.

There's a separate temperature control for the meat pan.

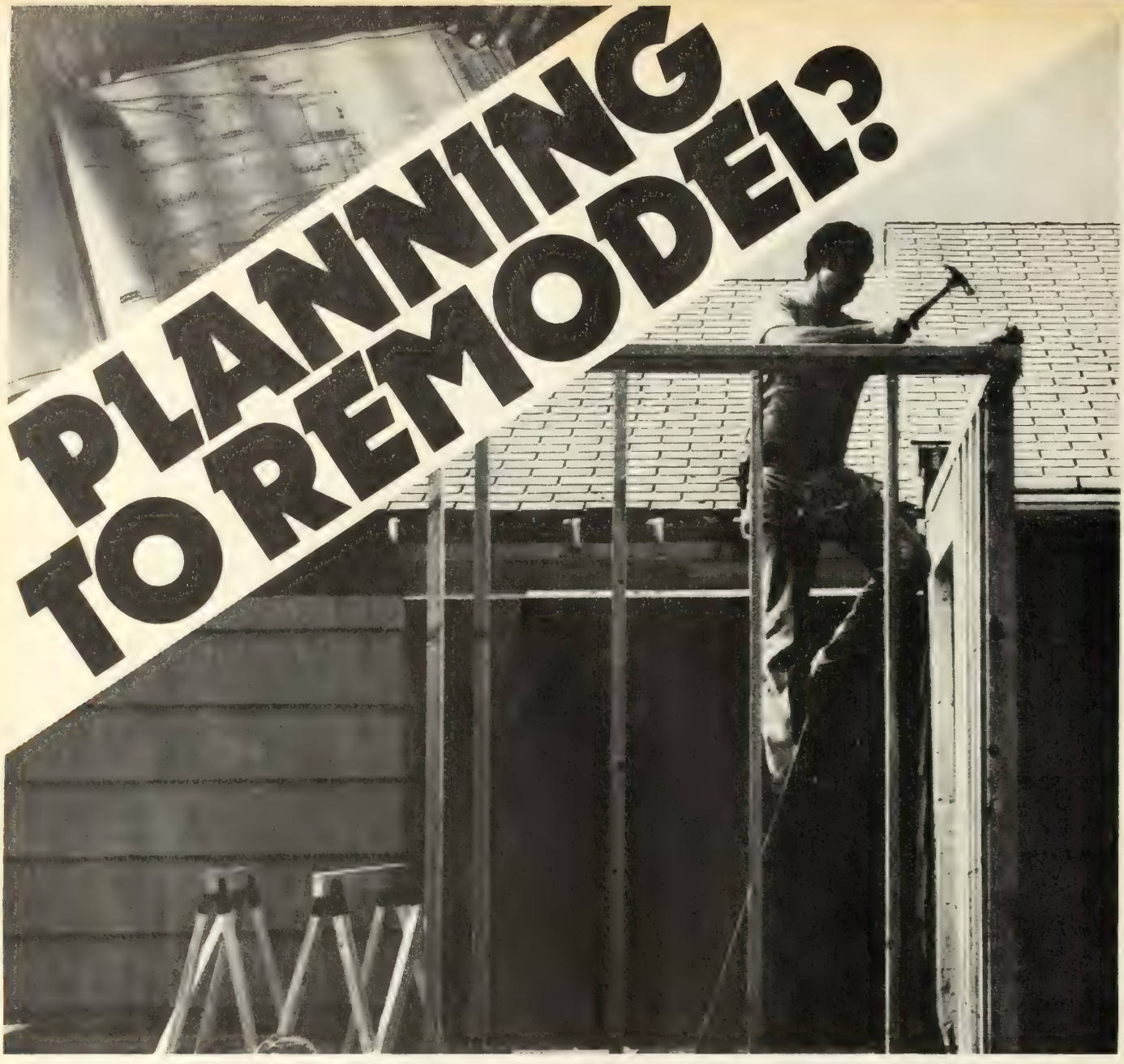
Automatic defrosting, of course.

And I love the "New Naturals"™ colors—so soft!

The reliability General Electric's been building into their refrigerators since Great Aunt Agnes bought hers makes me feel really confident. Maybe some day *my* GE refrigerator will become a family heirloom too!

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Remember, your present home represents a big investment. One that can grow into a valuable asset if you keep your home properly maintained and improved for better living. So look for and do business with members of NHIC where you live.

To help you plan your remodeling work, let us send you a copy of our booklet, "How To Start Your Home Improvement Project With The Help of a Reliable Contractor." Send a stamped, self-addressed envelope to:

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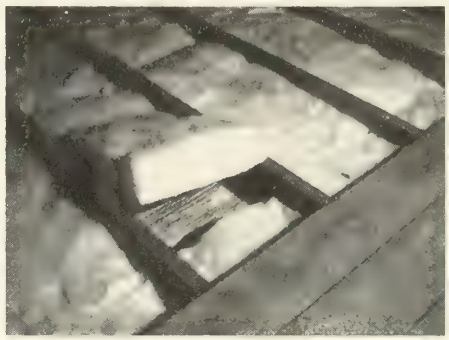
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or plastic?) need examination for possible rusting or rotting. Are sections missing, not anchored or choked with debris or nonfunctioning? And look for deterioration of wood cornices or other carpentry and trim.

5 **Insulation for year-round comfort.** Ample insulation in walls, roof, attic floor, or basement is crucial today. It cuts fuel bills and saves energy expenditure, but few older houses have enough to meet today's standards. How it can be added will vary with the house. Ask how much insulation a house has and where it is located. Are foundation walls, unheated basements, or "crawl" spaces under the house insulated, and how? Can they be insulated now? Are outside walls insulated and could more insulation be blown into the walls? Are there insulating batts between attic floor joists or roof rafters? Could they be added? You can tell if a roof lacks insulation when snow melts rapidly on it from escaping heat. And, by holding one hand against an exterior wall inside a house, and one against an interior wall, you can learn if the outside wall is insulated. It shouldn't be much colder than the inside one.

MARIANNE BARCELLONA, © 1976 SHAW ELLIOTT, INC.

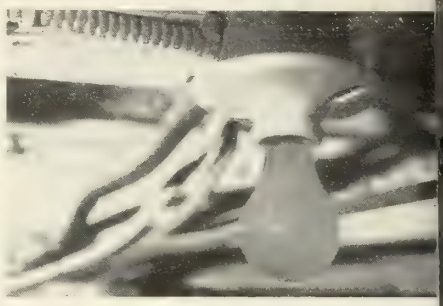


Insulating batts laid between ceiling joists



Check to learn if outside walls are insulated

6 **Electric wiring—the nerve system of the house.** Like the human nervous system, house wiring is concealed from view and can't be appraised visually. But it is vital to learn whether it is ample, inadequate, obsolete, or defective in any house you consider. Supplying the power essential to run a house today, it is rated in terms of amperes. At least 100 amperes of electric power is necessary for average appliances and lighting now, more for electric heating, air conditioning, and today's new electric wonders. Power lines come into basement or utility areas where any circuit breaker or main fuse box is liable to be located. Look for the amperage listed on them. One way to test house electrical capacity is to turn on all lights and then a

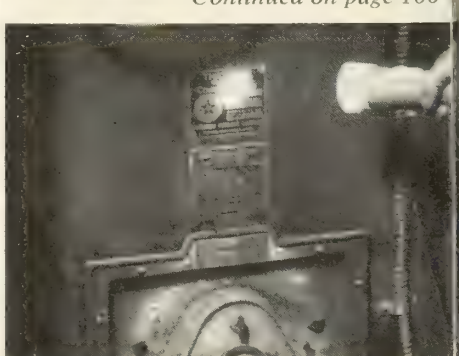


Look for faulty, frayed wiring, a fire hazard

major appliance to see if lights flicker. It indicates inadequate power. Make a survey, too, of the switch plates and electric outlets in rooms. Do the switches control outlets for lamps, TV, stereo, ceiling fixtures? Are there ample wall outlets—one to a wall at least? Are there special circuits for kitchen and laundry appliances? And check garage, basement, or attic for evidence of frayed, makeshift wiring, which may be a fire hazard as well as obsolete.

7 **Heating (and cooling) systems—for winter and summer survival.** In considering any house, find out the type and operating method of its heating system, as well as the fuel it uses. Is it a forced warm-air system or hot-water heating? Is it fueled by oil, gas, or coal? Is cooling part of the system or an auxiliary system? Could it be added? Is it heated electrically by room units or heat pump? Or has the house under inspection one of the older gravity or steam systems which may be sadly outmoded? The major concern may not be the type of system but in what condition and how up-to-date the various elements are—furnace or boiler, heat distributing ducts, pipes, radiators, baseboard, and wall units. They need gimlet-eyed inspection. Does the system have modern controls—thermostat, circulating pump, blower fan? The manufacturers and model numbers of all this equipment can sometimes be learned by checking the nameplates and serial numbers on them—it's a clue to their age. Perhaps the installer-dealer can be located if the house isn't

Continued on page 100



Check the heating equipment nameplates and model numbers

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Home Appliances

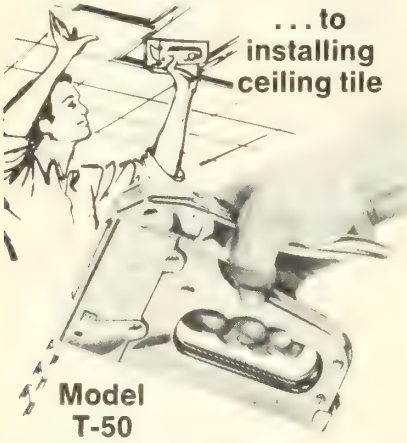
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Health of a house
continued from page 98

too old. How well the equipment works will depend mainly on how well the system was designed and installed. A simple test is to set a thermostat higher than room temperature on a thermometer and wait to learn how long it takes for the heat to rise. Another gauge, to check costs, is to ask to see winter fuel bills.

8 **Plumbing—a life line in the house.** Is the house connected to the city water main or a well? Well water may need analysis by the public health department. Is the house connected to a sewer system or a septic tank or cesspool on the property? A tank also needs careful checking on its state of health by experts. How often does it need cleaning? (This may be costly.) When was it last cleaned? Will frequent use of an automatic washing machine overload it? Test the water pressure in the house. Is there an ample water flow? Turn on all water faucets on the top floor and flush the toilet simultaneously. If the flow slackens the water supply will be slow, poor. Are plumbing pipes copper, brass, bronze?



Turn on faucets, toilet to check water flow

These are the most durable but not found often in pre-World War II houses. Galvanized iron and steel pipes in older houses may be corroded and reduce water supply. What is the capacity of the tank that provides hot water? How many gallons of hot water does it store? The manufacturer's nameplate on it should give capacity and type. And examine the tank for signs of rust or leaks. Is it heated by gas or electricity?

9 **Windows and doors, the indoor-outdoor links.** Do window and door frames show crevices that leak air, admit water? Is there caulking between walls and window or door frames or has it dried up or dropped out? Do doors stick or sag? The door frame or house itself may be out of plumb if they do. Do double-hung windows move up and down easily or do casements swing in and out readily? Is all window hardware in place and working well? Have any windows insulating glass? Storm sash for insulation of windows and doors? Is there weather stripping around doors and windows and is it securely in place. Are there window and door screens? In good condition?

10 **Ventilation—to keep your cool.** Some circulation of fresh air is vital to comfort in houses. Do windows provide cross ventilation in rooms? Are there exhaust fans in kitchen and bathroom to remove heat and moisture adequately? Are there air vents in attics, basements, or "crawl" spaces under the house to prevent hot air, mildew, or condensation accumulating? Does the house have an attic fan? (More on ventilation, page 112.)

11 **Interior walls and ceilings, the indoor environment.** Older houses with plaster walls and ceilings may show cracks caused by settling of the house, warping of wood framework, use of green lumber. The cracks can be filled and if the house has stood for years it will undoubtedly endure. Loose or missing plaster must be replaced, but damp or spongy plaster is probably caused by leaks coming from faulty piping or the roof—trouble ahead. Check the plaster in walls under bathrooms, in top floor ceilings and walls. In dry wall (wallboard) interiors customary today, protruding nailheads in the panels, open joints or exposed tape between the panels are the flaws to look for. The condition of the paint, hardware, and any kitchen or bathroom tile walls needs careful going over as well.

12 **Floors—the underpinning.** The prime unknown factor here is stability. Do the floors sag or tilt? Try placing a marble to see if it rolls to one side or corner of a floor. Any pronounced sag may, again, be just the settling of an older house but it may also be caused by defective structure and require added posts and beams as supports. Try jumping up and down in the middle of the room; if the room and the windows shake badly, some structure reinforcement could be essential. Look for loose boards and an uneven surface on wood floors. Are they squeaky, in need of repair? Will refinishing be necessary? If masonry floors show discoloration or chalking, ask if sealers were applied originally? Are tile floors cracked or crazed? Are resilient floors of vinyl, asbestos, asphalt, or cork, and when were they put down? Are they in good shape?

The extent of this checklist makes it obvious that judging the health of a house can pose many problems—many of them technical. If it seems an overwhelming task, another method is to hire experts to evaluate the condition of a house. Home inspection firms, including the American Standards Testing Bureau offices, are listed in Yellow Pages of the telephone book of major cities. They are engineers mainly and can appraise house structure and equipment expertly. Home builders and architects are also qualified if you can snare them; local FHA and VA offices may be able to direct you to the inspectors they use. ■





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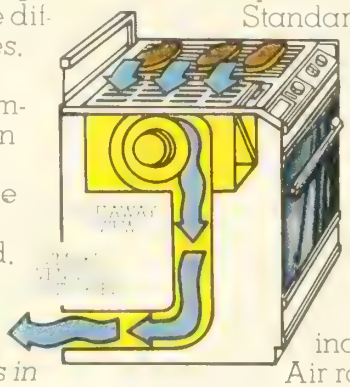
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You can *griddle* a breakfast of bacon and eggs for a whole family, short-order quick.

You can *shish kebab* with 4 spits turning at once, loaded with beef, lamb, shrimp, sausage, vegetables, whole meals on a skewer.

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HOME
PROVEMENT
AS

FOR THE HOUSE FIXER

OW TO STRIP ND RESTORE A DOOR

easy steps to make an old r look like new again

BY DEANNE RAFFEL

u live in a brownstone, or a house partment built before World War II, may have doors made of walnut, cherry, teak, or some other beauti- ardwood, resting under many layers aint, stain, varnish, and wax. With y of elbow grease, these doors can become the lustrous pieces of niture" they originally were. Most woods have a tight structure and fore are not very porous. Layers of t adhere to the surface, but are not rbed into the grain. Remove these finishes by using a semi-paste type per. (If stain is being removed, use ipper with a stain remover added to rmulation.)

1. Cover the jamb area of the floor newspaper, a sheet of plastic, and more paper. Remove the knob and scutcheon and place a block of scrap d in the jamb to keep the door ajar e it is being worked on.

2. Open windows for ventilation, r long-sleeved overalls, rubber es, and goggles. Use an old brush to ad the stripper. A wide-blade knife assist in scraping off the blistered h. Work with the grain and take care to gouge the wood surface. Two, e, and sometimes even more applica- s may be necessary to get down to bare wood. With a soft, wire brush, toothbrush, help work the stripper pletely out of curves, corners, and n lines.

3. Once the coating is off, wash n the surface until clean. (See can ctions for specific solvent to use.)

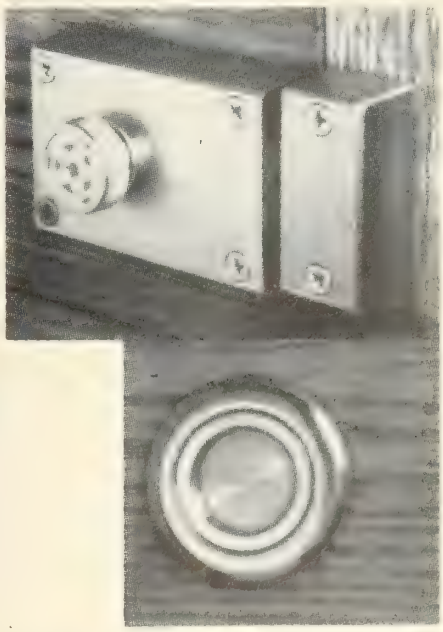
4. If the wood looks blotchy, bleach surface with laundry bleach or oxalic l. Here, too, more than one applica- may be necessary to give an even r. Rinse with clean water, wipe dry, n let air dry until dampness disap- rs.

5. Examine the door for damage, es, cracks, dents, etc. Fill crevices h the proper shade of plastic wood r. (Color will be determined by final shing coat, a test spot may be re- red, see option 1 and 2, below.) Let r dry and sand with the grain using a grit paper until the wood feels ooth. Wipe off sanding dust.

6. Now that the grain is exposed, must decide how to finish the sur- e.

Option 1. The wood will look its richest if oiled. Use a formula of ⅓ each linseed oil, lemon oil, and turpentine. Wipe on with the grain. Let dry 15 minutes. Wipe on a second application, dry a few minutes, and wipe with a clean cloth. With each successive oiling, the color will deepen. Rub to a soft luster. Let dry at least 2 full days. Buff again, and cover with wax if desired.

Option 2. If the bare wood is the wrong color, it can be stained instead of oiled. Apply the stain with a brush or rag and wipe until smooth-looking. Two coats might be needed to achieve the desired shade. Let dry at least 48 hours. Shellac, varnish, or simply cover with paste wax or liquid finishing wax and hand buff.



Pickproof lock

Here's a new door lock with no keyhole to pick or key to duplicate. The Maglok is a magnetic lock which opens by inserting a flat-headed sensor plate. Only the correct sensor will activate the individual combination of the four magnetic prongs. Lock provides a deadbolt for inside face of door, is surface mounted, fits wood or metal doors 1½ to 2 inches thick. List price, $29. Available in lock sets for the whole house that use same sensor plate. Maglok, Inc., 1684 Medina Rd., Medina, Ohio 44256.

More House Fixer, next page

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Continued from page 105

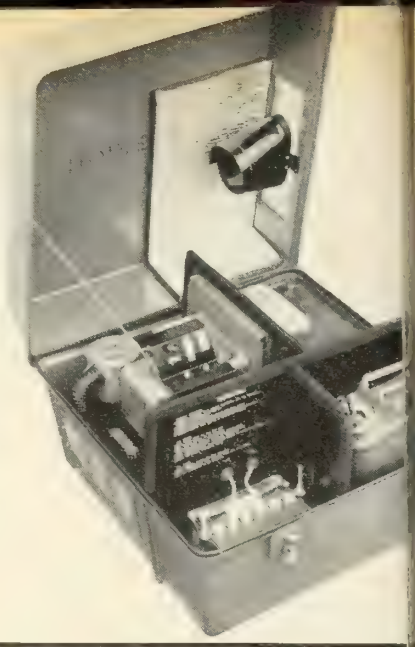


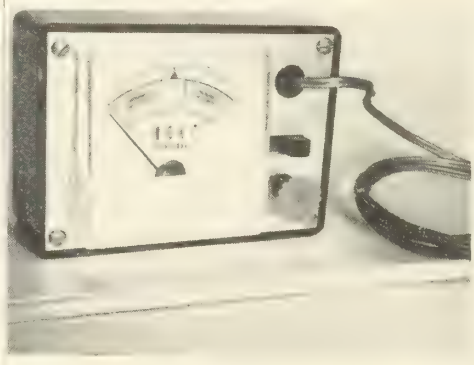
Hang-up helper

An adjustable tension rod with rubber tips is a handy all-purpose hanger. It can be mounted between two walls instantly to hang clothing in a closet, laundry over a tub, a shower curtain. In two sizes—one extends from 28 to 44 inches ($5.99), the other from 42 to 66 inches ($7.99)—the aluminum rods are easily compressed or extended. No screws or hole-drilling are needed, the rubber tips hold firmly, the rods can be moved from place to place quickly. Stanley Hardware, Dept. PID, Box 1800, New Britain, Conn. 06050.

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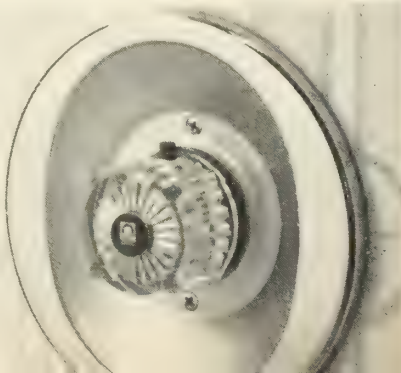


Heat detective

A hand-held device, 4 inches long, th detects the sources of costly heat loss a air infiltration in a house is Heat Sleut It tracks down hidden cracks and ope ings in walls, corners, window and do frames (where air may be escaping entering) with a 6-inch heat wand. T wand, on the end of a 4-foot cable, used to scan indoor surfaces; temperatu variations register on the meter of t indicator unit, which operates on a 9-v battery. Readings can indicate heat leak hot spots, normal temperatures. The ur can also check refrigerator and ov door seal leakage, the effectiveness heating and air-conditioning system dangerous temperature build-ups furnace, hot water heater, chimne $39.25. Enertron Corp., 241 Cresce St., Waltham, Mass. 02154.

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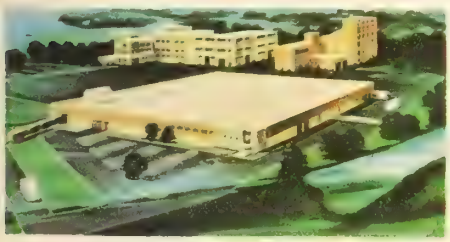


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ENERGY UPDATE

VENTILATION—NATURE'S WAY

How it works to keep your house warm or cool and save energy

BY JIM MORGAN

Good insulation is important, we know, in saving energy and fuel bills.

If only houses were giant refrigerators, storing lifeless objects, there would be little more to say. But since owners and buildings need to breathe, proper ventilation, in conjunction with insulation, is vitally necessary for personal comfort indoors. Today, with electric fans and air conditioners, ventilation has come to mean *forced* ventilation to most of us. While fans are relatively inexpensive to operate, there's obviously a lot to be said for *natural* ventilation that doesn't require any mechanical assistance at all. Natural ventilation is the movement of air through a building by channeled currents. It utilizes the principle that warm air rises while cool air falls. It relies largely on orienting the building to the warm, gentle zephyrs of summer. To understand how you can get the most out of air currents, you must realize that air is pulled through buildings, not pushed. A remarkable physical principle known as the Venturi Effect (named after its discoverer, a 19th-century physicist) demonstrates that fact. If a building has large openings on the façade, generally facing the breeze and quite small ones at the back, the increase in velocity as air moves out the rear windows actually sucks air in the open side. Tropical houses often use this technique to increase air flow. Houses built before 1920 are often ingenious examples, too, of how natural ventilation can work. Encircling porches, high ceilings, French doors, and rooftop cupolas are some of the devices used to move air quietly and efficiently through rooms. But you probably don't live in such a house. How can you use natural ventilation to affect your life in 1978?

Natural ventilation and modern insulation techniques can work together to provide comfort in several ways:

1. By making the insulation more efficient.
2. By removing excess humidity from interiors.
3. By cooling air before it enters living areas.
4. By moving the available air continuously through rooms.



Prevailing breezes shaped the design of this tiny Martha's Vineyard house. Openings near the ground include windows, jalousie panels in the greenhouse, a screened porch, and adjustable wood flaps on the sheltered entry side. Almost all can be kept open in the rain.

Ventilating insulation

Insulation stabilizes interior temperatures. By minimizing heat loss during winter and heat gain from the sun during summer, insulation dramatically reduces the energy needed to provide comfortable temperatures all year-round. When coupled with efficient weather stripping, insulation enables you to control cold-weather ventilation problems, —drafts and chilly spots near windows and doors. But even during winter, ventilation is important in a well-insulated house.

Insulation must remain dry to be effective in resisting heat transfer. Plastic foam insulations may not hold moisture, but batt and many composition board insulating materials can become soggy if not well-ventilated. Keeping insulation dry in vertical walls is relatively easy.

If a good vapor barrier has been installed on the room side of the insulation, water vapor build-up from showers, vaporizing, laundry and kitchen activities can't get to it. This is what creates fogged windows, which in turn can cause rotting of window sills. If you have a well-insulated house, you must learn to open an upper window a crack for an hour or two until the excess moisture has been pulled to the drier air outside.

If rain or humidity from the outside gets through the siding and sheathing, chances are that they will not enter the insulation but run down the sheathing itself and leak out onto the ground. Besides, sunlight on a frame wall can warm the air inside the wall, making it rise

Continued on page 117

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Sub-Zero refrigerators are the only true built-in units designed exclusively for the home. They fit flush with standard base cabinets and can accept front and side panels to match any decor. You may choose from models 24 to 48 inches in width with capacities up to 32 cubic feet, the largest home unit manufactured. Choose from side-by-side, over-and-under (freezer on bottom), all refrigerator, all freezer and under-counter models. Units have ice-makers and the luxury of completely adjustable storage to suit your needs. Every unit is factory tested for total performance before delivery.

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Even a dorm-full of schoolgirls didn't faze her Maytag, says Mrs. Howe.



Rev. John W. Howe; Kathy, 8; Jonathan III, 2½; Mrs. Karen Howe; and Jessica, 1.

10 years of work, work, and more work—but it's still washing away.

"We bought our Maytag Washer in 1967 when John was just beginning a job as chaplain at a New England preparatory school for boys," writes Mrs. Karen Howe, whose husband is Rector of Truro Episcopal Church, Fairfax, Virginia.

Good thing Maytag builds washers to last longer and need fewer repairs, because hers has led a harder life than most. "We lived in the dormitory, and I handled the boys' emergency washes plus our own," says Mrs. Howe. "A few years later we moved to a girls' school where we were houseparents to 39 eighteen-year-olds, many of whom frequently needed the help my Maytag could offer."

Since those days the Howes have had three children and moved four times. Who can count the loads her Maytag has done in its 10 years! But it's still going great, and the repairman has been virtually a stranger, according to Mrs. Howe.

Naturally, we don't say all Maytags will equal that record. But long life with few repairs is what we try to build into every Maytag Washer, Dryer, Dishwasher, and Disposer.



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is born to be lonely.

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That's Country Grey, simple and pure. A color so perfectly natural, it naturally works with other colors. Imagine how it looks with the pinks, reds and oranges of a sunset. The infinite greens of a forest. Or the blues of a clear mountain stream.



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1. Gas Cooktop with Automatic Pilotless Ignition uses 30% less gas than a regular gas range. Special Thermo-Set® Burner-with-a-Brain adjusts flame automatically. Tilt-Top lifts up for easy cleaning.





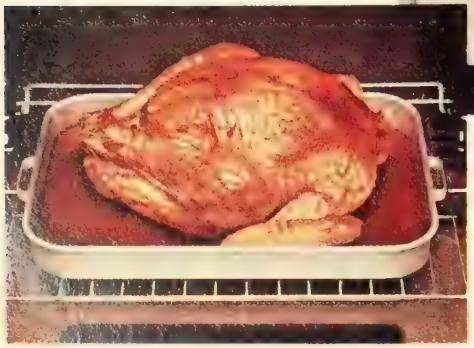


3. Upper Microwave Oven saves energy, gives the speedy cooking microwave is famous for. Easily cleaned, it takes no extra counter space—it's built right into this 30-inch gas cooking center

2. Pyrolytic Self-Cleaning Gas Oven has Automatic Timed Oven System that cooks while you're away. Also Automatic Meat Probe and Automatic Rotisserie Gas-saving Automatic Pilotless Ignition, too.







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AGA American Gas Association



top of house is loft bed with dows at either side which, uti- g the chimney effect, draw air from lower floors, ex- st it again. The house also has e ventilator to cool the in- tion, keep it dry.

id dry the insulation as it es upwards, escaping out at e eaves.

Keeping insulation dry in e rafters of a sloping roof is t so easy. Moisture which eps in through the shingles es not always flow down the derside of the angled roof. can form drops which fall rtically into the insulation. loose shingle or two can ake that a stream, which ay never show up as a stain the upstairs ceiling, but will ill have its effect. The sop- ng wet insulation conducts at out through the roof as if ere was no insulation at all. o remedy this situation, in- all a sheet-metal ridge venti-

lator along with vents in the underside of the eaves. This will ensure a continuous current of sun-warmed air. Or you can place small louvered ventilating ports near the ridge on the outside of the roof, with openings cut into adjacent rafters.

Sun and wind conditions

The sun is an active partner in natural ventilation. Breezes based on warmed air moving uphill from a lower spot, or an off-shore-on-shore wind during the day, can be exploited by an observant property owner. You can use an anemometer and weather vane to keep track of the force, speed, and direction of your local winds. The readings can dictate opening or closing of windows for delicious cool breezes—ones that you may never before have sensed to be there, even after years spent in a house.

Trees and shrubbery also offer natural insulation and ventilation. They insulate because they provide shade. Properly placed, as in orchard planting or hedgerows, they can also channel gentle winds through the house. Shade creates cool air, too, and if near the ground next to a house can sometimes be drawn indoors.

Continued on page 244

OW TO CATCH THE AIR CURRENTS IN A NEW HOUSE

4 points to remember

you are planning a new use now, consider these ints on natural ventilation.

Make sure you place the ilding on the land to best **ploit the sun and breezes.** ortunately, in most places, inter winds tend to come om a different direction than mmer zephyrs. Generally, if u put most openings to the uth and southwest, you'll ot only enjoy the sun but also e summer breezes. Plot the n's daily course, check on cal weather records. Archi- cts are often able to work ch data into a design.

. Don't build a flat roof. A itched roof soaks up and olds much less of the sun's eat during the day than a flat ne. Outside air movement up e slope tends to draw off heat that otherwise isn't easily dissipated. Use the sloping roof to create high ceilings and warm-air exhaust openings near the ridge. You can use a pole or gear-and-chain arrangement to operate your ventilator as needed.

3. Consider larger-than-usual covered porches on the sunny side of the house. Traditionally porches have worked as a zone in which shaded air is cooled before it enters the house.

4. Look for windows that open easily, have two or three different positions while open, can be left open in rain to emit cool air. A number of small windows are preferable for ventilation purposes to an expanse of glass with large panels that slide open.

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Choose from traditionally elegant double-hungs (A), handsome, universal awning windows (B), efficient, modern casement style (C), or Caradco patio doors (D), for the ultimate in comfortable indoor-outdoor living.

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How the leading maker of asphalt roofing can keep you from making a very expensive mistake.

A new roof can end up as one of your smartest investments. Or one of your more regrettable mistakes.

That's where GAF can help, by telling you enough about roofing to make certain your decision will be the right one.

First of all, remember that asphalt shingles protect over 80% of all American homes. That's because they give homeowners superb durability, tested fire-resistance, excellent weather-protection and, not least of all, great beauty.

Now let's discuss which asphalt shingle is best for you.

A heavyweight shingle does a heavy-duty job.

Weight is one of the most important factors in deciding which shingle to buy.

Asphalt shingles come in standard, medium, and heavy weight. Heavyweight premium shingles, such as GAF®Timberline®, weigh nearly 40% more than standard weight. With this extra weight they're likely to last over 50% longer.

The initial cost of the heavyweight shingles is higher, but since installation costs are similar for *all* asphalt shingles, your *net* cost per year can actually be less.

Will wind blow your investment away?



Not if your shingles are sealed down tight. Make sure the shingles you choose have a factory-applied adhesive (see illustration) that seals them tightly to each other. This enables them to better withstand the rampag of wind and weather.

Asphalt shingles protect your house, but what protects the shingles?



A roof's worst enemies a sunlight and mo ture, and in tim they can cause e the best roofs to deteriorate.

Asphalt shingles have a mineral-granule surface that *reflects* the sun's damaging ultra-violet rays *away* from the waterproofing asphalt underneath.

So the weather outside *stays* outside.

Will flying sparks make your investment go up in smoke?

The mineral-granule surface also resist fire. All quality asphalt shingles are tested fo fire-resistance to meet the exacting standards Underwriters' Laboratories. Certain GAF pre mium shingles meet the highest UL fire-resistance standards.

So, even if flying sparks *do* land on you roof, you won't see your money burn.

GAF offers asphalt shingles to suit every hon

As the leading maker of asphalt shingles, GAF offers many types of shingles. From the GAF®Timberline® heavyweight shingles (pictured) with their deep, irregular shadow pattern, to the more traditional GAF Standard "Self-Seals." And GAF shingles car warranties of from 15 to 25 years.*

The contractor is as important as the roofin

Your next step is to select a good roofi contractor who combines quality materials

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with careful workmanship.

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Get estimates from several contractors. Don't automatically go with the lowest bid, either. Find out what each one offers for the money and ask them for the names of satisfied customers.

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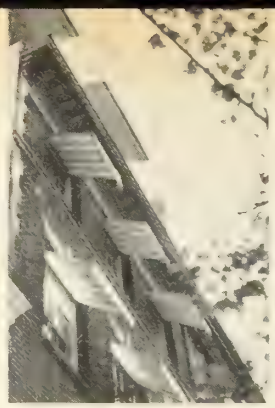
City

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AWNINGS AND ENERGY

BY STEPHEN AND MARY COLE



Yellow and white awnings on apartment windows, designed by Denning and Fourcade.

How to choose the right awnings, plus how to install and care for them

If summer sun overheats your house or apartment, and winter winds steal through your windows, awnings are a simple, practical way to save energy and lower your utility bills.

"Don't disregard awnings simply because they've been around for years," says Stephen Selkowitz, a scientist at the Lawrence Berkeley Laboratory in California, one of seven national laboratories involved in research for the U.S. Department of Energy. Selkowitz recommends awnings as an effective approach to sun control, along with shades and curtains, solar control screens, landscape shadings, and reflective window films. Without awnings, air conditioners and heating systems must work overtime to compensate for solar heat gain in summer, and heat loss in winter, through unprotected windows. The best awnings act as buffers between glass and the outside world, fending off wind, snow, and sun when necessary, adjusting in winter to expose the window, allowing useful solar heat to warm your house or apartment.

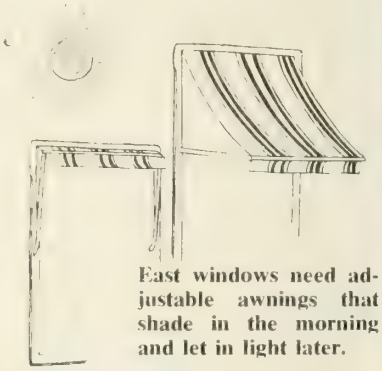
Choose awnings according to the direction your windows face.

Western and **southern** exposures receive the most sunlight year-round. Here, fabric awnings and louvered or roll-up metal awnings are best. Against the forest-green walls of his house, composer-conductor Aaron Copland hung red canvas awnings to shade his western-facing studio and terrace. In summer, awnings must extend out far enough to block high overhead sun, with low overhangs on the western side to shade the setting sun, the hottest of the day. In winter, when the sun is lower in the sky and its warmth is welcome, fabric awnings can be removed and metal awnings adjusted to let in the sun.



South and west windows need awnings that extend out far to block sun.

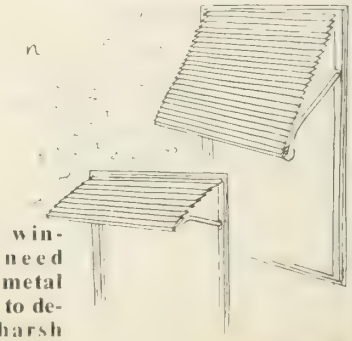
For **eastern** windows, an ideal awning shades in the morning and lets in light the rest of the day, when the sun has moved to the south. Choose a louvered metal awning or a fabric one that adjusts to different positions. Or, if you prefer a fixed awning, a light translucent nylon or polyester one will block direct light, while allowing filtered light to pass through.



East windows need adjustable awnings that shade in the morning and let in light later.

Northern windows are targets for cold prevailing winds. Here, awnings can discourage heat's natural tendency to move from a warm spot to a colder one. Awnings block incoming drafts, and more importantly, deflect the wind and snow that can chill your windows and encourage heat loss through the window glass. Metal awnings are particularly effective over a northern exposure, as they are

Continued on page 124



North windows need sturdy metal awnings to deflect harsh weather.

SHEILA AMERA



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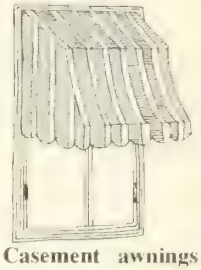
Awnings and energy
continued from page 120

sturdy enough to withstand any kind of weather, and can be mounted permanently for year-round protection.

Since a northern exposure receives little or no sun, fabric awnings can be used over these windows decoratively, to brighten a room or block out a poor view. For example, designers Robert Denning and Vincent Fourcade hung yellow and white striped canvas awnings over northern windows to give a feeling of sunshine in any weather, and lit them with outdoor spotlights mounted below the window sill for a pleasant nighttime glow (see April, 1978, House & Garden, page 118). Alternatively, awnings may be lined to match curtains or painted to match walls, to create a visual extension of the room.

How to install awnings

Awnings are available for even unusual windows. Swing-out windows require casement awnings, which extend straight out, then down. Bay windows can be fitted with fabric awnings on curved tubular frames.



Casement awnings appropriate for swing-out windows.

Remember, awnings are heavy, and must be properly supported to withstand wind, snow, and heavy rains. Most manufacturers will put up awnings for a small charge, but a handy homeowner can handle the installation by following manufacturer's instructions, using proper hardware. Naturally, if you live in an apartment, you should leave this work to a professional.

To attach an awning to a brick or cement surface, drill holes with a masonry bit and insert lag shields in the holes to grip the lag bolts used to attach mounting hardware. If you have a wood surface, use heavy-duty wood screws. Large self-tapping metal screws will attach an awning to metal siding, working themselves into the metal as you screw them in, for a firm hold.

To avoid hot-air pockets under heavy fabric or metal awnings, be sure to mount the frame 1 to 2 inches away from the mounting surface, using small wood blocks nailed to the window casing as spacers. Insert extra-long bolts or screws through the blocks and into the mounting surface.

Awning care

Many fabric awning manufacturers offer a seasonal service to remove, clean, store, and remount your awnings every year. If you want to maintain them yourself, here are some guidelines.

Cleaning: To prevent dirt build-up, fabric awnings can be washed as often as seems necessary. Either spread them out on a flat surface or clean them on their frames. Brush off any loose dirt, then hose them down with mild soapy water and a soft scrub brush or broom. Rinse well and let dry. Fabric awnings should not be dry-cleaned, as this will remove their built-in protection against water and mildew.

Metal awnings are easily cleaned with warm soapy water and a long-handled car-washing brush.

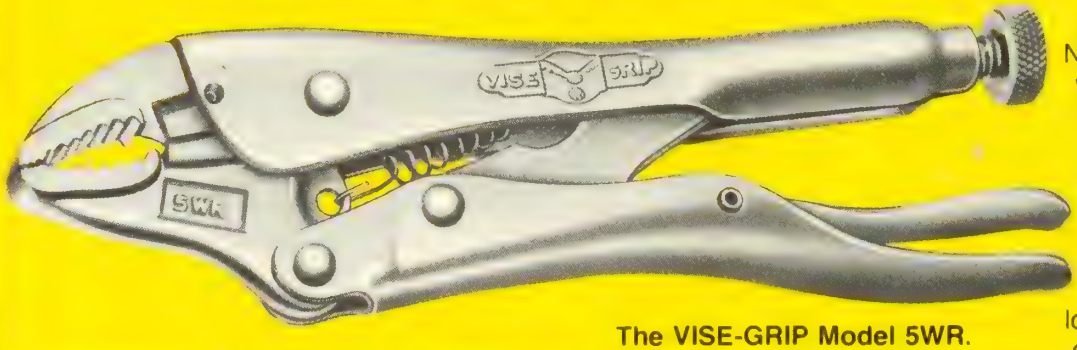
Painting: To prolong the life of faded or thinning canvas or vinyl-coated awnings for one more season, you can paint them inside and out to match a room, or white to reflect light. Spray or brush 2 or 3 light, even coats of exterior acrylic paint into the fibers of the awning. Let dry thoroughly between coats. Keep awning stretched until the last coat is completely dry.

Metal awnings may need to be repainted after a season or two exposed to the elements. Scrape off flaking paint and prepare the surface with a wire brush, steel wool, or fine sandpaper. Prime bare metal surfaces with metal primer. When dry, apply any suitable oil-base or latex exterior paint.

Patching: Fabric awnings that are weakened or damaged may be patched quite easily. Lay the awning on a hard,

Continued on page 244

A basic tool *everyone* needs.



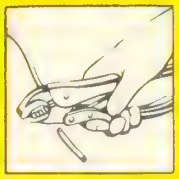
Need an adjustable wrench that can fit all sizes, standard and metric? A portable clamp? A wire-cutter? A super pliers that **locks**? Get VISE-GRIP locking pliers. They can do more jobs–easier and faster–than any other hand tool.

The VISE-GRIP Model 5WR.
Pictured actual size–
small enough for pocket or purse.

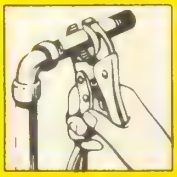

Pull headless nails

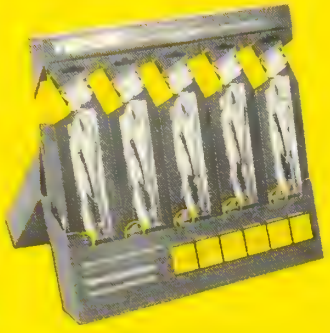
Speedwrench

Super pliers


Wire-Cutter.


All-purpose clamp.


Non-slip pipewrench



VISE-GRIP

VISE-GRIP is a trademark of Petersen Mfg. Co., Inc., DeWitt, Nebraska 68341
c Copyright 1978, Petersen Mfg. Co., Inc.



Homebuilder John Huston directs the final phase of construction of another home equipped with Whirlpool products.

"As a builder, my husband knows all about WHIRLPOOL Heating and Cooling Products. I only know they keep our family comfortable year-round."

"As a professional interior decorator, I'm concerned about quality too. That's why I recommend only the best carpeting, drapes and wallpaper in the homes I'm commissioned to do."

"We're both just as particular about our own home too, as John is about those he builds. When it comes to central heating and air conditioning, we're both sold on Whirlpool products. And I know that's why he builds homes that are climate controlled by WHIRLPOOL Heating and Cooling Products.



. John Huston
erior Decorator
nsas City, Missouri

"Whirlpool also has been a trusted name in my kitchen and laundry room for years. No wonder we're sold, both personally and professionally, on Whirlpool products. But don't take my word for it. Ask a friend who has a Whirlpool central air conditioner."

Check the Yellow Pages for the dealer nearest you, or write 647 Thompson Ln., Nashville, TN 37204.

Whirlpool

HEATING & COOLING PRODUCTS

Our best salesman shows up in your mail once a month.

A high utility bill is one of your best reasons to check out today's new, energy-efficient gas appliances. They use up to 50% less gas than the ones offered just five years ago, saving you money... and precious energy. Gas has always been the most efficient energy for the big household jobs of home heating, cooking, heating water and drying clothes. And, with utility bills going higher, gas and new gas appliances are a better choice today than ever before.



Does the cost of staying warm give you chills?

A new, energy-efficient gas heating system can heat the same amount of space as older systems with up to 20% less gas... enough, in fact, to take care of your total energy needs for cooking and drying clothes. They're quiet, clean, compact, long-lasting and have pilotless ignition.



Now there's really something to sing about in the shower.

Did you know the average family uses 26,000 gallons of hot water a year? That's a lot of water... also, a lot of money and energy. You can save both with a new, energy-efficient gas water heater. Compared to older models, these new heaters heat the same amount of water with up to a third less gas.

Only sunshine is more efficient.

Today's new energy-efficient gas dryers can cut your use of gas for drying clothes by 25%. They have pilotless ignition, automatic shut-off when clothes are dry, and multiple temperature settings for all types of fabrics.



Conserving energy is a national concern... saving money, a personal one. New gas appliances do both, and that's why we say:

The pilot light went out... for good!

Pilotless ignition is just one reason many new gas ranges use up to one-half less gas than older models and cost on average far less to operate. They also feature instant on and off, super fast heat control, multiple temperature settings, ovens that clean themselves and smokeless closed-door broiling.



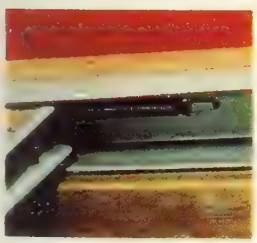
New Gas Appliances are good for your economy!

Gama
GAS APPLIANCE MANUFACTURERS ASSOCIATION

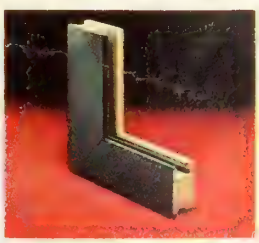
Pella... the wood patio door with a self-closing screen



When the kids are in and out all day, it's nice to know the screen will close itself. Pella's does, automatically. Just like an old-fashioned screen door without the slam. And Pella doors do a lot more. They give you a weathertight view of the world to meet your energy-saving and comfort requirements. You get the insulating qualities of wood and the finest in weatherstripping combined with Pella's metal T-section reinforcement to prevent warping. Outside-mounted sliding panel closes tighter the harder the wind blows. Add to this the option of a carefree aluminum-clad exterior and you have a sliding door that will give you years of smooth, satisfying, energy-saving operation.



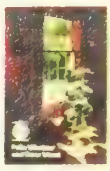
Pella's exclusive spring-loaded closing mechanism sends the screen gliding back into place everytime someone goes in or out. The screen is self-latching . . . can't jump the track, but can be held open when desired.



Carefree aluminum cladding covers all exterior wood surfaces, but does not intrude on the interior surfaces to interfere with decorating. The aluminum exterior is available in a choice of acrylic colors that won't chip, crack or peel.



Pella reinforces the wood door frames with metal T-sections top, bottom and sides to keep them straight and true. Wood frames that don't warp don't waste energy, and they remain easy-to-operate through years of use.



FREE. 16-page "Window & Door Ideas" book. Tells you everything you need to know about window and door types and how each works, treatment in various architectural styles, and important considerations in placement and selection. After you've read this book, visit your Pella Planning Center for further assistance. It's in the Yellow Pages, under "windows".

Please send me a copy of "Window & Door Ideas".
☐ I plan to build ☐ I plan to remodel
☐ I would like an appointment at the Pella Planning center nearest me, have someone contact me.

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Mail to: Pella Windows & Doors, Dept. CO3E8
100 Main St., Pella, Iowa 50219
Also available throughout Canada
Coupon answered within 24 hours.

Pella

© 1978 Rolscreen Co.

American families have been warming up to Singer furnaces for 78 years...



And Singer air conditioning has been cooling them down for 24 years... Singer's expertise in producing climate control products goes back to the turn of the century when it was known as the American Furnace Company. ■ Today, the Singer name can be found on everything from heat pumps, to furnaces, to central air conditioning systems. We call them our Comfortmaker line. ■ As you might expect, we direct the same amount of care and attention to developing and making these heating and cooling units as we do to our sewing machines. We've earned a reputation for innovation and quality in our field. For example, as far as we know, Singer is the only company that pretests each and every unit before it leaves the factory. And when you're looking for an air conditioning system, remember Singer quality. Singer's high efficiency models assure you of lower, year-round operating costs at a price your family can afford. ■ For the Singer dealer nearest you, check the Yellow Pages under "air conditioning" or "furnaces". Because, as 78 years of climate control experience has proved...



There's More To Singer Than Sewing

SINGER

CLIMATE CONTROL PRODUCTS

The Singer Company, 1300 Federal Blvd., Carteret, New Jersey 07008

DECORATOR SHOWHOUSES ACROSS THE COUNTRY

ople who like to look at other people's uses, know spring is really here when itations begin to arrive to see Decora- Showhouses. Polished, painted, and together by several designers, each owhouse is decorated to help benefit a al charity or other organization that eds extra funding. They're fun to tour l storehouses of the newest ideas in or and design. Following is a list of ne of the houses and the dates they open, to mark up on your calendar:

ABAMA
mingham
nior Women's & Women's Committee of Birmingham Symphony Association.
00 Aberdeen Road
mingham, Ala. 35223
ril 30-May 21

KANSAS
tle Rock
e Guild of the Arkansas Orchestra
ciety
22 Country Club Blvd.
tle Rock, Ark. 72207
ril 15-May 14

LIFORNIA
n Diego
n Diego Historical Society; American ciety of Interior Designers
8 Cypress Way
n Diego, Calif. 92103
ril 22-May 14

LAWARE
ilmington
e Wilmington Opera Society Guild
e Frances DuPont Rust House—Fair Hill
oute 52, Fairville, Del. 19357
ptember 16-October 15

ORGIA
lanta
nior Committee of the Women's Associa- n of the Atlanta Symphony Orchestra
25 Tuxedo Road, N.W.
lanta, Ga. 30305
pril 15-May 7

DIANA
dianapolis
. Margaret's Hospital Guild
45 Washington Blvd.
dianapolis, Ind. 46205
pril 30-May 14
adison
eta Omega Chapter of the Kappa Kappa appa (Tour of Historic Homes)
oadway
adison, Ind. 47250
pt. 29-Oct. 1

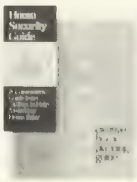
ARYLAND
altimore
ne Women's Association of the Baltimore mphony Orchestra

Continued on next page

THERE'S ROOM FOR IMPROVEMENT

SPECIAL BOOKLET OFFER

There's room for improvement – and there's great help for you in making improvements you're planning for your home. Many of the advertisers whose messages appear in this special home improvement section produce booklets, brochures, catalogues and portfolios filled with information about their products and ideas for using them. Those described and pictured here can be ordered directly from House&Garden. Just fill in and mail the coupon on the next page. We'll fill your orders as promptly as possible.



1. CREATIVE HOME PLANNING GUIDE is designed to give unique ideas for remodeling or building. Well illustrated booklet accompanies a Home Security Guide to help you protect your family and property. Planning Guide covers all areas of the home including lighting recommendations. Nutone, Inc. $1



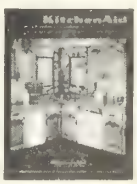
2. BRING ANY KITCHEN UP-TO-DATE. The Tappan full line of quality built appliances includes gas ranges, electric ranges, microwave ovens, dishwashers, refrigerators/freezers, trash compactors, food waste disposers, and range hoods. Model numbers and dimensions included in booklet. 25¢



3. PLANNING A HOME LAUNDRY CENTER" This 20-page, illustrated guide discusses design, location, storage, work space and possible pitfalls to be avoided—such as locating washer and dryer in a place that requires lots of trudging back and forth. The Maytag Co.



4. SO YOU'RE THINKING ABOUT ROOFING... colorful, information-packed new booklet on asphalt shingles. A must read for home owners. Advice from America's largest shingle manufacturer on weights, coverage, color, proper application, and finding a qualified roofer. Includes glossary of roofing terms. GAF Corp.



5. TIME- AND MONEY-SAVING APPLIANCES. Brochure details Energy Saver dishwashers that conserve water and energy, and waste disposers with Quick Click mount that cuts installation time. Also, trash compactors, hot-water dispensers, mixers, coffee mills. KitchenAid Division, Hobart Corporation



6. NEW IDEAS WITH WOOD WINDOWS. Pella Rolscreen windows and doors are as beautiful as they are easy to maintain. Colorful booklet illustrates how Pella designs add distinction to any house.



7. "THE ULTIMATE COOKING SYSTEM" Built-in and free-standing electric ranges from Jenn-Air feature exclusive built-in surface ventilation to vent smoke and odors outdoors, without a hood. New "convertible cooktop" models convert from range to char-flavor grill in seconds. Sixteen-page color booklet describes the various models in detail, also shows line of convection and microwave ovens. Jenn-Air Corporation.



8. BATH AND KITCHEN IDEAS fill Kohler's 40-page guide to plumbing products for your home—whirlpool baths, bathtubs, shower coves, toilets, bidets, lavatories, kitchen sinks, faucets, showerheads and other accessories. Booklet assists with product selection, color coordinating ideas, building, remodeling and decorating plans. Convenient color guide included. Kohler Co. 50¢



9. SMART WINDOW PLANNING. Full-color 24-page folder gives information on different types of wood windows and gliding doors and on Perma-Shield windows and gliding doors which have sash and frame encased in a low-maintenance, rigid vinyl sheath. Helpful information for the home planner or the remodeler. Andersen Corp.



10. BRILLIANT COLORS burst from these 36 pages showing the liveliness of Tru-Test Paints. Paint can do things for your rooms—blue can beautify, red can dramatize, green can calm them. Helpful hints for color planning. Includes popular House & Garden Colors. Cotter & Co. $1.50



11. COOKING'S A PLEASURE... clean-up, too! Brochure illustrates a variety of Caloric self-cleaning and continuous cleaning ranges—many with automatic pilotless ignition.



12. "DECORATING IDEAS WITH CERAMIC TILE"—new 16-page color brochure shows ways to decorate kitchens, baths, dining areas and family rooms—suggests color coordinations, how to build or remodel with ceramic tile. American Olean Tile Company. 25¢

Continued on next page.

There's Room For Improvement (continued)



13. FASHION KITCHENS. Beautifully illustrated color booklet from the St. Charles Manufacturing Company offers you a preview of its versatile kitchens. Each kitchen, from color to cooktops, is custom treated to match the house and needs of the family living in it. $3



14 ENERGY-SAVING WOOD WINDOWS AND DOORS Twelve-page booklet illustrates Caradco's line of Carclad casement, awning and patio doors. Detailed specifications include information on construction, weather stripping, screens.



15 CLIMATE CONTROL PRODUCTS A colorful 8-page brochure describes Singer's total-comfort conditioning systems, including heat pumps, air conditioning, furnaces, electronic air cleaners, and humidifiers. Singer Climate Control.



16. EXCITING NEW DIMENSIONS IN GLASS for residential housing...PPG Solarcool Bronze Booklet discusses the inherent beauty of Solarcool Bronze plus its multiple homeowner benefits—perhaps most important, its ability to save on air conditioning costs. PPG Glass



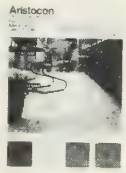
17. "FOCUS ON FLOORS"—a practical guide to decorating from the floor up. This 12-page full-color booklet features decorating tips for kitchens, family and living rooms, bedrooms, foyers and hobby rooms. Includes entire section on do-it-yourself installation, a flooring glossary, plus information on cost and maintenance. Congoleum. 50¢



18. STAPLE GUN: THE HOMEOWNERS VERSATILE FASTENING TOOL. This illustrated booklet from Arrow Fastener Company shows how to make a variety of jobs easier—including upholstering, making new storm windows, weatherstripping, installing insulation—by using a staple gun. 25¢



19. ENERGY EFFICIENT AIR CONDITIONING. Booklet details the benefits of central cooling with Power Guard II air conditioners. Energy efficiency means savings in electricity and money too! Whirlpool Heating & Cooling Products.



20. NEWEST NO-WAX FLOOR PATTERNS of cushioned vinyl in a wide variety of colors and styles are shown in this brochure. Room scenes show how this top line of flooring actually looks in the home. Decorating hints for kitchen, bath and the family room are included. Mannington Mills, Inc.



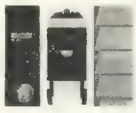
21. BUILT-IN FREEZERS/REFRIGERATORS can add the glamourous look that a fully equipped kitchen needs. Easily and economically installed. Consider the wide choice of models and sizes for flexible arrangements shown in colorful booklets. Sub-Zero. 25¢



22. "INSULATE YOUR WALLS NOW AS YOU ADD NEW SIDING"—with Styrofoam brand insulation. This 12-page, color brochure shows you how to save on heating and air conditioning costs. Dow Chemical.



23. FASHION YOUR BATHROOM WITH COLOR. A new 32-page bathroom decorating guide, featuring three color schemes for each of six bathrooms, to prove the decorating versatility of Eljer's new color bathroom fixtures. The colors are warm, natural, and always adaptable. Booklet contains a directory of products and manufacturers. Eljer Plumbingware. $1



24. "EXTERIOR DESIGN RESTYLING IDEAS FOR YOU"—from Alcoa. Along with some suggestions on a "new face" for your home, the kit offers tips on window and door treatments, color information and product data on Country Cedar Shakes, gutters and downspouts, soffit and fascia, shutters and railings. Alcoa Building Products.

ORDER COUPON FOR "THERE'S ROOM FOR IMPROVEMENT" BOOKLETS, MAY 1978

Circle the number of each booklet that you want, and enclose check, money order or currency in amount indicated for those requiring payment. Add 50¢ for postage and handling. No stamps. Allow up to four weeks for delivery.

MAIL TO: HOUSE&GARDEN, Dept. #5 I, Box 3579, Grand Central Station, New York, N.Y. 10017

1$^{\$1}$ **2**$^{25¢}$ **3** **4** **5** **6** **7** **8**$^{50¢}$ **9** **10**$^{\$1.50}$ **11** **12**$^{25¢}$ **13**$^{\$3}$

14 **15** **16** **17**$^{50¢}$ **18**$^{25¢}$ **19** **20** **21**$^{25¢}$ **22** **23**$^{\$1}$ **24**

I enclose $_____ for postage and handling of my requests for booklets

$_____ for booklets circled requiring payment

$_____ my total remittance

Offer expires 8/15/78

Name _____
(please print)

Address _____

City _____ **State** _____ **Zip** _____

Showhouses *continued from page 129*

"Chestnutwood"
5204 Roland Ave.
Baltimore, Md. 21210
April 16-May 17

MASSACHUSETTS

Boston
The Junior League of Boston, Inc.
575 Boylston St.
Brookline, Mass. 02146
May 1-May 21

Cape Cod
The Conservatory Guild
Historic Rte. 6A and Willow St.
Yarmouth Port, Mass. 02675
August 20-September 17

MICHIGAN

Detroit
The Junior League of Detroit, Inc.
The Henry Stephens House
241 Lake Shore Road
Grosse Pointe Farms, Mich. 48236
April 29-May 21

NEW JERSEY

Morristown
The Woman's Association of Morristown Memorial Hospital
"Mansion in October" at Hamilton Farm
Gladstone, N.J. 07934
October 1-October 29

NEW YORK

Lloyd Harbor, L.I.
Visiting Homemaker Service, Inc.
Caumsett—Marshall Field III Estate
Lloyd Harbor, L.I. 11743
May 1-June 4

New York City
Kips Bay Boys' Club
4 East 62nd Street
New York, NY 10021
May 3-May 21

OKLAHOMA

Oklahoma City
Women's Committee, Oklahoma Symphony Orchestra
1415 North Hudson
Oklahoma City, Okla. 73103
April 30-May 21

PENNSYLVANIA

Pittsburgh
The Junior League of Pittsburgh, Inc.
Fox Hall—(4 Manor Houses)
511 Dorseyville Road
Pittsburgh, Pa. 15215
April 29-May 21

TENNESSEE

Nashville
The Belle Meade Mansion
"Sugar Tree"
Woodmount Blvd.
Nashville, Tenn. 37205
September 8-October 8

TEXAS

El Paso
El Paso Section of the National Council of Jewish Women
Tennis West (3 Patio Villas)
817 Lakeway
El Paso, Tex. 79932
May 12-May 21

First choice for keeping heat pump country comfortable.



It's the Honeywell thermostat designed specifically to help heat pumps hold a comfortable, even temperature. Second by second. Season after season. From Maine to California, Miami to Seattle.

It senses the subtlest temperature variations in a home. While they're at a minimum. And long before you can feel them.

It tells the heat pump to respond with the heating or cooling needed to hold the temperature you've selected.

So you're kept comfortable. Constantly. Automatically. All year round.

This thermostat is recommended by more heat pump manufacturers and installed with more heat pumps than any other thermostat. Because it works so well. And works with the carefree reliability Honeywell is famous for.

If you plan to add a heat pump when you build or remodel, make sure it will deliver the constant comfort and efficiency you expect. Put it under the proven control of the Honeywell heat pump thermostat.

Honeywell

Merit Taste Winning High Tar Holdouts.

'Enriched Flavor'™ cigarette reversing prejudice against low tar smoking.

Good taste meant smoking higher tar cigarettes. That's what the skeptics of low tar cigarettes thought.

Thought. But proved wrong by MERIT, the low tar cigarette with 'Enriched Flavor' tobacco. Tobacco that delivers extra flavor. Extraordinary flavor.

MERIT, and MERIT alone, is packed with 'Enriched Flavor' tobacco.

In extensive testing against a number of higher tar brands, *smokers, overall, reported they liked the taste of both MERIT and MERIT 100's as much as the taste of the higher tar cigarettes tested.*

Cigarettes having up to 60% more tar!

That's why 75% of all MERIT smokers today have come directly from higher tar brands.

"MERIT absolutely delivers more taste with extraordinarily rich flavor."
—Mr. Kris Eugene Holt
Carbondale, Illinois

This kind of smoker response is typical of how smokers react to the taste of MERIT.

"I love their taste~better than the much higher tar cigarettes I used to smoke!"
—Ms. Nancy K. Harrison
Cambridge, Massachusetts

"At last a low tar cigarette that really tastes good!"
—Mr. John Saunders
Minneapolis, Minnesota

Only one cigarette has 'Enriched Flavor' tobacco.

And you can taste it.



© Philip Morris Inc. 1978

Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Aug.'77
100's: 11 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT
Kings & 100's

Planning the way you want to live

Getting it all together—surroundings that nourish and stimulate you, people you want to be with, activities that truly give you satisfaction—is a continuing and creative process. It doesn't just happen, it requires making choices and taking risks. This issue is devoted to people who are doing just that. Below and on the following pages, you will find ideas that may inspire you to make some new choices of your own.

There's only one way to get the life you really want: It's to set your priorities, according to time and management specialist Alan Lakein, author of *How to Get Control of Your Time and Your Life* (Signet paperback). Ask yourself, what are your most important lifetime goals, and look at your activities in terms of them. If you're confused by the options, here's a 4-point program for judging which projects are the stepping stones to the life you want. For any project, consider:

What is the long term value, based on your long term goals?

How urgent is it?

Who benefits most? If it's your project, it ought to be you. If for the family, you should weigh the benefits for all members of the group.

What is your intuition about it? How do you feel when you think about the project? What is your mood? If you have a down feeling, reconsider.

Deciding whether or not the project counts is the first step. The second is making a sensible action plan. Your level of achievement, says Lakein, will rise by 20 percent, if you have a written to-do list every day.

Review your goals regularly. You may find they are not what they were six months ago. Write down your revised list, set your priorities, and go into action with renewed enthusiasm. Above all, don't feel guilty about the things you don't get done. If you've worked out your priorities properly, you can feel proud. You have neglected insignificant details and concentrated on the things that bring you nearer to the life you want.

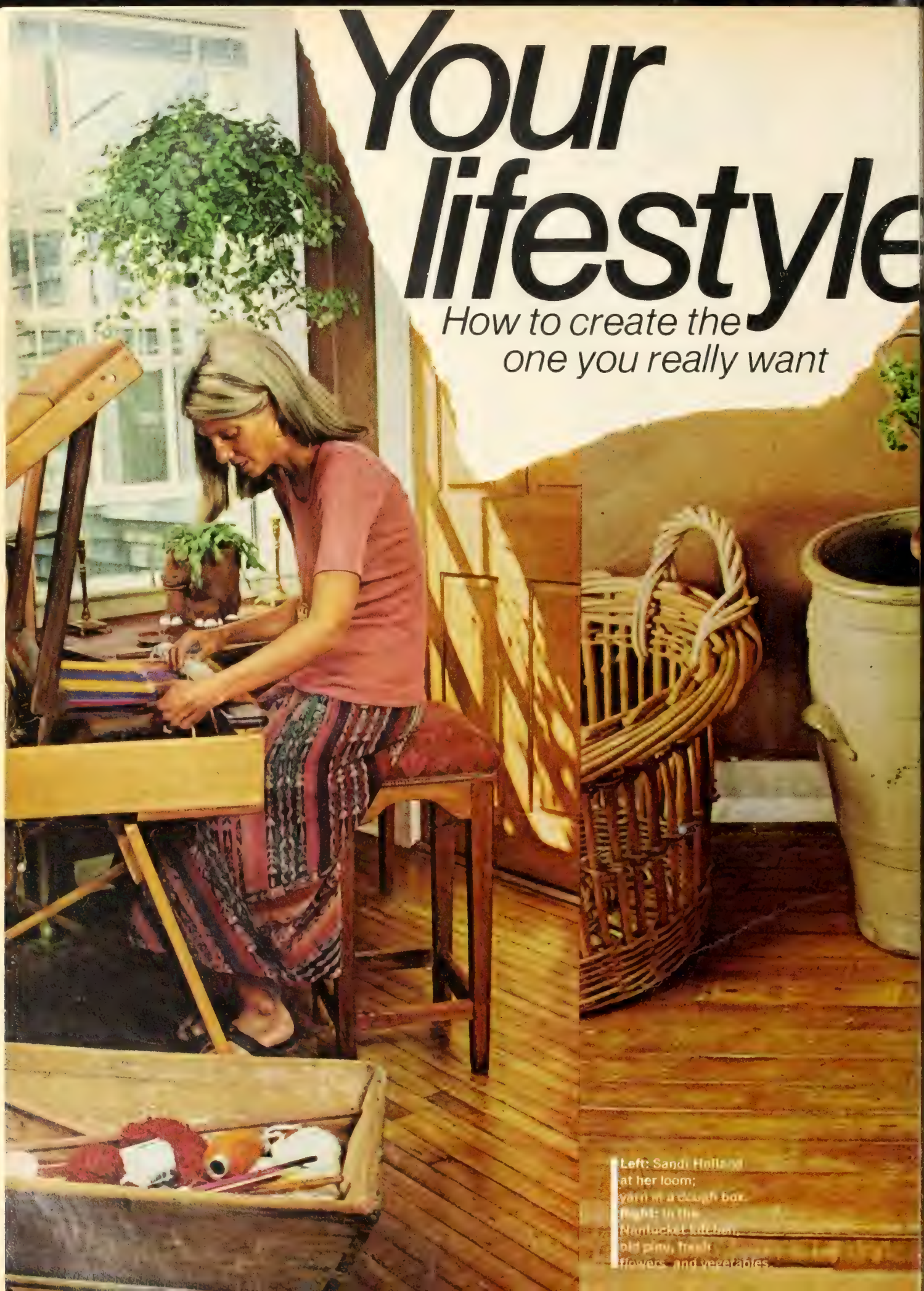
"You are your projects, you are your future"

Martin Heidegger

use & Garden
May, 1978

Your lifestyle

How to create the one you really want



Left: Sandi Holland at her loom; yarn is a dough bar. Right: in the Nantucket kitchen, old pine, fresh flowers and vegetables



The 1790 house and antiques shop on Nantucket

Living your way: It means being willing to work for what really counts. For one young couple, what counts are crafts, nature, and antiques, in a life they're working on, and living, now



Here's how a family with a vision is planning and working toward the future, and discovering that the preparations are the most fun

A lifestyle of crafts, nature, antiques

On rainy summer days on Nantucket, a popular sport is house hunting. The lure of the search is irresistible, street after street of architectural gems, 18th- and 19th-century houses at every turn. And if you can't actually buy one, dream a little, browse in the past. On this small island you get big ideas.

It was raining when Mr. and Mrs. Hudson Holland Jr., a young couple from Michigan, found their house on Fair Street, and they did have a big idea. They didn't want a house alone, they wanted an antique shop, too. "We had been looking for two years, and had almost given up," admits Sandi Holland. "We wanted to be in town, we wanted to be in business.

"We couldn't find anything in the commercial part of town, but we knew we needed to be near the center of activity. Our expectations were great, we knew that. We were interested in the historic aspect of a house, its preservation, a convenient location for our sons, and the house had to have the right character for our shop. We had already decided on 18th- and 19th-century English country antiques of pine and oak, all of which we thought were missing on Nantucket.

"It *was* a rainy day and after a good lunch we called our real-estate agent Dick Denby to ask if he had anything new. The minute we saw the house on Fair Street we knew this was it!" Built in 1790, the house is across from the Friends' Meeting House, and down the corner on Main Street is the shop where young R.H. Macy started merchandising —and failed.

The "Nantucket House" antique shop is prospering in the hands of three partners, the Hollands and decorator Gary Knight, also from Michigan. (For some of Mr. Knight's ideas on buying and decorating with antiques, see page 54.) "Gary helped us with our house back home, and he has been coming to Nantucket on holidays for years, just as we have," explains Hud Holland, who is a department-store executive. "It got to a point where he wanted to live on island, and claims he would have even washed dishes to do so.

"So we discovered this terrific bond: the love of Nantucket—anyone who loves Nantucket will understand—and a mutual interest in country antiques and good design. Most important, though, we wanted this shop, so Sandi could be involved directly, and not vicariously as she has been through my years of retailing. With Gary wanting to live on the island all year-round, and our coming as

Continued on page 206

Crafts and antiques capture the spirit of New England for the Hollands in Michigan. **Above:** The Holland family at home—from left, Hud, Sandi, Hudson, John, and their two dogs, Lanie and Jessie. **Center left:** In the pitched-roofed living room, an assortment of English antiques mixed with upholstered love seats and an armchair covered in cotton handwoven with cotton rag. Curtain panels of printed linen trimmed with ball fringe hang from fabric-covered wooden rods and red-painted wooden rings. On the black Lucite pedestal, an old English steel coal bucket with beach grass imported from Nantucket.



Below: For a centerpiece on the dining room table, a carved-driftwood duck on a English brass trivet. Brass collection.



Right: In the dining room, an English corner cupboard filled with export china, an English hunt board for a buffet, and Hitchcock chairs around an antique table. In front of the window, fruitwood highcha





Above: Lunch in the breakfast nook. Ash-topped table.





Top left and above: The brand-new brick-paved kitchen-sitting room paneled with old barn siding. Designed by Phillip Meathe and Hal Mesacar.
Below: Greetings from the Holland family turkey farm.



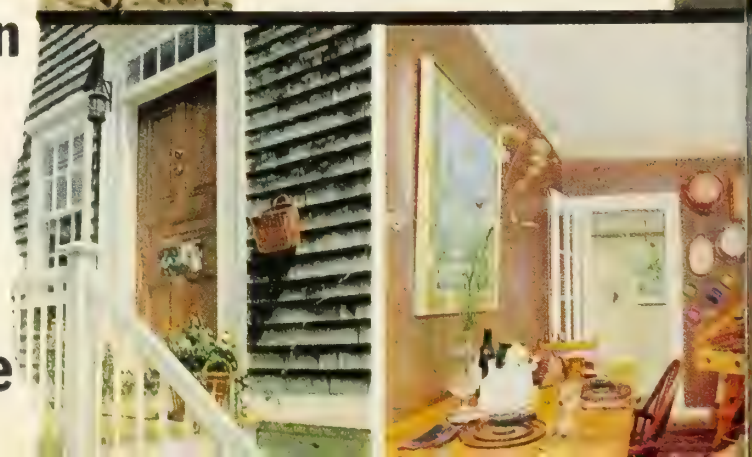


A life-style of crafts, antiques, nature

Nantucket means living outdoors for the Hollands' two young sons, Hud, 11 and John, 8.
Left: Fishing from Brant Point.
Right: The boys' corner on summer fun, a rainbow of practical gear and pleasures galore—slickers lined up like soldiers, boots, beach towels, rods, and kites all ready for the next adventure. All are in a small entry off the back porch.
Below, left to right: First: The original front door with its glass transom, now the entrance to the first-floor antique shop. Stripped to the natural wood as it was in the 18th century, the pine door is protected with polyurethane and bright with brass. The large Norfolk basket, made in England to hold herring, is here heaped with geraniums, lantana, and ivy.
Second: The family kitchen, over the shop in the back. At one end a pegboard palette of mugs and copper behind the loom, which is always at the ready for off-hours relaxation. The country table with breadboard ends is set for lunch.
Third: The other end of the kitchen, refrigerator, dishwasher, sink, and stove in a line, a counter divider for service and snacks. Once just a room with a sink, the kitchen was designed by Hud Holland's brother, Christopher, an on-island architect. The contemporary rug is from Afghanistan.
Fourth: Next to the kitchen on the second floor, the compact family dining room. When the Hollands have more than six guests, the upstairs can go downstairs, and they have the party in one of the shop rooms. The 17th-century Polpis table is from Nantucket, as are the zinnias bought on Main Street from open trucks that come to town daily. The American birds around the flowers are painted cement. The needlepoint chart of Nantucket on the wall is Sandi Holland's handiwork.
Fifth: An antique Kentucky rifle hangs high over the fireplace in a bedroom painted pumpkin in high-gloss enamel to give a look of lacquer. The quilt and the iron and brass bed are from Michigan.

BEADLE

Living over the shop can give you new insights. You grow closer as a family; the children seem to become more aware, more responsive to other people





A life-style of crafts, antiques, nature



Juggling between two different ways of living, while sometimes inconvenient, can be very rewarding. You begin to appreciate each one, and let each







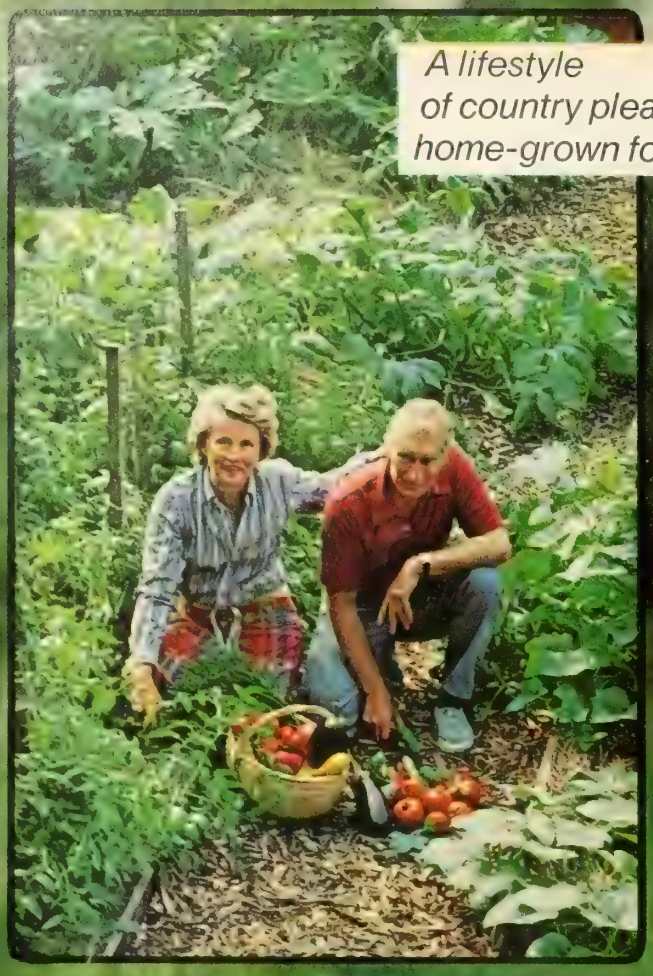


Living over the store means more time to be with his family for Hud Holland.
Left: He plays hookey from shopkeeping and joins his two young anglers at the beach.
Far left: One of the five shop rooms downstairs at "Nantucket House." Although the fine English clock says 5 o'clock, the room's treasures are timeless, and centuries—17th, 18th, and 19th—very much at home with each other. The sturdy Welsh country table holds a large steel trivet, an assortment of china and copper. And American quilts, an Afghanistan rug add color and pattern. An English cylinder cupboard rounds one corner. Next to it a folk-art carrousel mask, and in the hall, a wooden flag shield celebrating America's centennial.
Below, left to right: First: A Nantucket whale weathervane on the back of the house.
Second: A glorious gathering of baskets, all from Norfolk and each with its own role—one for peas, others for asparagus, raspberries, or herring.
Third: A front room painted a rich tomato to show off a pride of pine furniture, floors, and paneling, once wallpapered. On an Irish country table, a ship's lap desk inlaid with ivory.
Fourth: For a new twist, tie rabbit ears at the corners to hang your quilt. These quilts, sober in color, were sewn by the Amish long ago, while the Shaker-inspired furniture by Thomas Moser of Maine is new. On the sidechest, a basket by neighbor Gretchen Anderson. The slender standing wool winder is an authentic Shaker piece. There may be visitors in this room at night, as this is also the guest room. They all know they must be neat and out by 10 when the shop opens.
Fifth: Another pine-paneled shop-scene—sometimes the stage for a special dinner party —with a generous collection of blue and white porcelain.









A lifestyle of country pleasures, home-grown food

A summe to enjoy all yea

garden



Good ideas from a pair of gardeners who freeze, dry, preserve, and share the goodness of all they grow

"We really do eat out of our garden all year. It's surprising how productive a little bit of land can be," say two gardeners who delight in harvesting a 30-by-50-foot vegetable patch plus grapes, raspberries, wild elderberries, and a few apple and peach trees. "We love to garden, but we use as many labor-saving ideas as possible," the Arthur D. Pinkham Jrs. say. "Our hay mulch keeps down weeds, and a spray we make of garlic, onions, and cayenne pepper in the kitchen blender discourages almost everything from aphids to rabbits." The Pinkhams are thrifty recyclers. For fruit juice (processed in a Mehu-Maija juice extractor), saved bottles are sealed with reusable rubber caps. Plastic bags, jars, and crocks are kept handy for pickles, sauerkraut, applesauce, jams, jellies, and frozen vegetables. Tips: For successful freezing "slice, blanch, dip in ice water, then dry thoroughly with a salad spinner and dishtowel before popping into a plastic bag or box." For easy removal of paraffin from jars, "apply wax in two layers and seal a short piece of string between them."

Top, left: The Arthur D. Pinkham Jrs. **Left:** On a boulder near a red barn in rural New York, grape juice, mint jelly, squash, and more, all put-by from the garden. **Above:** Sun Pantry dryer, and a home-made version at its right, to dry apples, peaches, peppers, basil, in sun or oven. **Right:** Freshly picked harvest to freeze, dry, can, or give to friends.

MARINA SCHINZ





FALZARANO

Why you should pepper your corn tassels, and other ideas for gardeners who like to eat

This garden starts each spring in peat pots near a sunny window. After the last frost, the Pinkhams set out their seedling cantaloupes, eggplants, tomatoes, and peppers in the freshly tilled garden and sow the rest of their crops. Chicken wire, tacked from the top of the fence to 8 inches below ground, keeps out woodchucks, while helpful birds and home-made organic spray keep most insects away. "But we were always cleaned out of corn," the Pinkhams say, "until we learned two tricks. Before planting, we now coat the kernels with a crow repellant (Stanley's or Crow-Chex). When the raccoons know the ears are ready, we sprinkle the tassels with cayenne pepper." They grow one kind of corn, Illini Xtra-Sweet, but 6 kinds of tomatoes, cucumbers, squash, including vegetable spaghetti. More, page 240, recipes, page 200.

1. The Arthur Pinkham Jrs. in their vegetable garden with weedless wood chip paths over black plastic, rail fence for grapes and roses.
2., 3. Table with ironstone "flow ware" in mulberry pattern, garden-fresh zinnias, Beefsteak tomato, and raspberry-flavored lemonade.
Plan, above: 30-by-50-foot garden with 40 vegetable varieties, flowers to cut.

Below: Pesto ingredients, 4, combined and frozen in ice tray for single servings, 5.









etable spaghetti: Grow it, 6, boil it 45 minutes, 7, scoop out seeds, 8, fork out natural shreds and serve, 9, with butter, tomato sauce, or pesto.



How to create the rooms you

11 real-life solutions using space yo





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TOM YEE

When you want a year-round family room— think about the porch

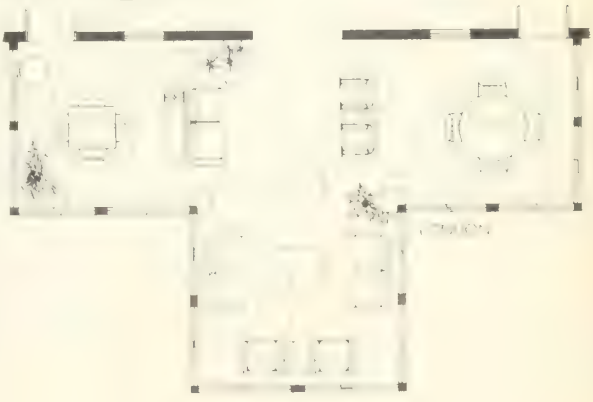
Expand and enclose it with three glass wings, for living, dining, and games in a terrific new indoor-outdoor space

"A sitting room outdoors"—that was the dream; so the old porch was extended with seven walls of glass, and a pair of skylights was set over each of the three wings to let the sun stream in. With the help of architect Darcy Gibson, owners Mr. and Mrs. Andrew Goodman also added a freestanding fireplace, *left,* with a mirror-wrapped chimney that hovers at the edge of the original porch. With lots of wicker furniture, leafy green plants and fabrics, even a pair of chirping finches, indoors feels like out. Blinds on windows and skylights keep light soft. Beyond the glass, three small gardens by Leonore Baronio. Interior designer: Jan Moran. Building facts, page 244.

Above left: Porch and terrace, before.

Above right: Glass wings replace awnings; thyme-covered steps.

Right: Plan of the 480-square-foot makeover.



How can you incorporate a breezeway and garage into more living space indoors?



WILLIAM P. TEELE

Turn the garage into a new kitchen-dining room with a greenhouse wall; annex the breezeway into a big new room for living



Opposite page: The back of the house with a brand new triple-level redwood deck. On the far left, the new garage.

Left: In place of the old garage, the new flow-through kitchen-dining area. Structural beams incorporate track lighting. Above the white laminate kitchen cabinets, a collection of antique baskets and a Shaker winnowing tray. On the table an antique ironstone footbath filled with oranges.

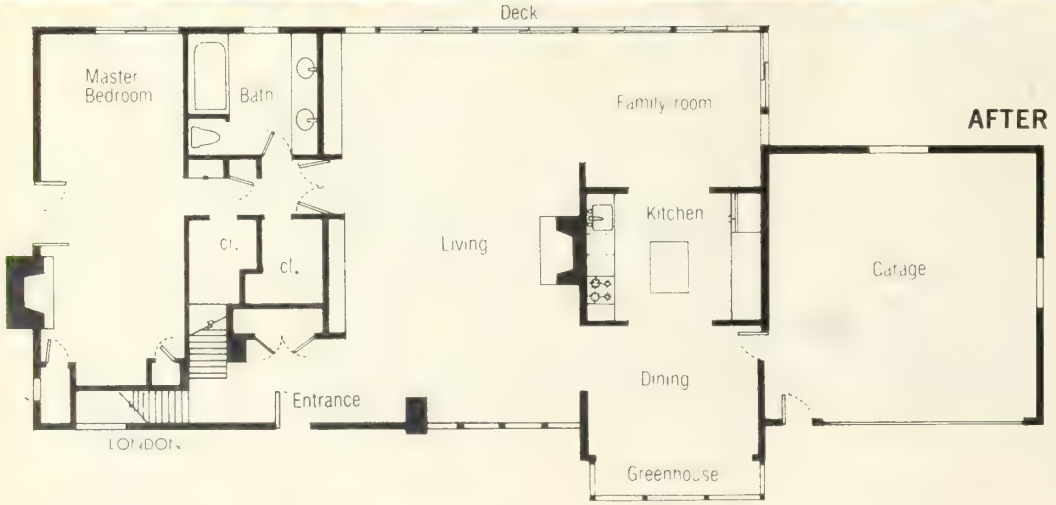
Below: Near the front entrance, flooded with light from the clerestory window, a French pine daybed covered in summery canvas, batik pillows.

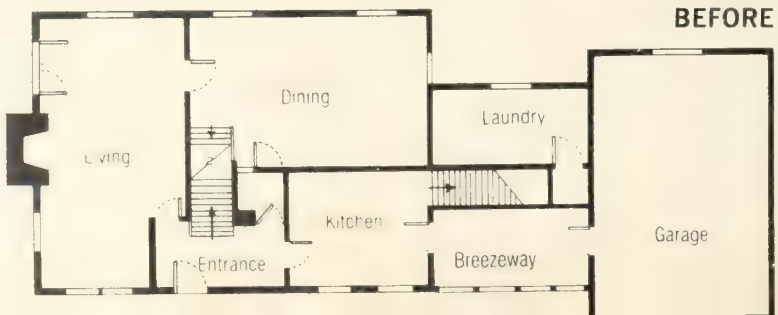


d a change of space? Why not range what you already have? t's what the owners of this se did—and they got just t they needed, and more. De- er Robert K. Lewis devised ngenious plan that preserved charming country-cottage outside while creating the ng of wide-openness inside. First he made the house 10 feet wider by extending it across the back, carefully matching the new brick to the original clinker brick, and painting all the trim—old and new—a rich taupe. Then he played musical rooms indoors (see plan, next page): The new living room was created by enclosing the breezeway with glass and combining it with the utility room plus the old kitchen and dining room. The old garage became the new kitchen-dining area, now opened to its full peak-roofed height, its old wood gable replaced with glass. The original living room became the new master bedroom with a large window overlooking the back lawn.



WILLIAM P. STEELE





Above, top: The dining room with its lean-to greenhouse built into what used to be the garage door. Its metal frame was anodized the color of the house's exterior taupe-colored trim. Italian oak chairs with rush seats and cane backs surround an antique French burl parquet-topped table. For a centerpiece, two glass cake stands riding piggyback, laden with summer fruit and garnished with orange zest ribbons. Near it, a little black vase bearing newly cut mint gives the whole room a fresh-from-the-garden scent. On antique French table found in old convent, day lilies. Above it, a Chinese rug.

Left: The remodeling plan showing the 10-foot-wide addition to the back of the house; the conversion of the garage into kitchen-dining room; the old kitchen-dining room plus utility room and breezeway into a living room-family room; and the old living room into a new master bedroom and bath.

Big new room for living

elow: The living room ressed for summer in crisp lue and white slipcovers— graphic pattern for the sofa; dotted one for the chairs; nd plain blue sailcloth for ie front hall's daybed and ome of the pillows. (The rest the pillows are covered in n assortment of light-earted blue and white rints.) On the stone-cast offee table, porcelain.

Right: Slipcovers off, rug down, fire ablaze—and the living room is ready for winter. Sofas wear natural wool and are piled with pastel-colored silk pillows; the chairs sport a rich brown natural suede. On the table, a marble ashtray, an antique crock with a spray of crabapple branches, and tea for two. Only the panels of canvas curtains remain all year long.





lthough the high ceilings, glass walls, d the interesting flow make the in-rior of the house seem roomy, it ac-ally consists of a single living space. xcept for the stucco fireplace parti-n, which separates the living room om the kitchen, designer Robert K. ewis dispensed with interior walls ogether, letting living room, family om, dining room, and kitchen be-me one. There's even a bar and a rbecue between the kitchen and fam-room. "It's a wonderful space for tertaining," Mr. Lewis says. "But en when there are only two people home they can still find a sense of intimacy by the fire." He kept the decorating simple for easy care—the floors throughout are Mexican tile and, except for the cozy seating group in front of the fireplace, furniture is spare. The rest of the large living area has a piano and built-in storage for music; the only seating in the family room is a clean-lined L-shaped banquette. What makes the decorating interesting is that the whole space was provided with two complete decorating plans—one for each season—that change the room's character from top to bottom: For

Slipcovers, for two looks in one space

spring and summer, cheerful printed slipcovers give the room a cool perspective; natural woolens and suedes warm it in fall and winter. "Slipcovers let you change so much of a room's personality with so little effort, you essentially get two rooms for the price of one," says Mr. Lewis.

If you need more storage space and a good place to work at home

Use your imagination: You can find room to work and out-of-sight storage right before your eyes





SEAT WITH A SECRET *Right:* An ingenious storage solution for small-apartment living or for any place where space is at a premium. A carpet-covered chair that opens to store out-of-season clothes, extra napkins and blankets, reference materials—anything you want out of sight but close at hand. And it's a chair that can, on its casters, move to meet the needs of the moment. For instance: Closed and topped with canvas cushions, *far right,* it rolls up to a table to provide extra seating. Designed by Patino/Wolf Associates.





'UDY HALL *Opposite ge, top:* Because in an artment one thing not to ste is space, an over- ed, underused hallway s transformed into a func- nal family center with addition of a desk, book- elves, coat closet, and ephone table built into a gle compact unit. Indi- t lighting is built in, too nough to light the whole ll. Architect Robert odes built the new m and furniture of wood d plexiglass; vinyl Mylar ers desk and counter- s to hold up to long-term ily wear. Inside the dy, *opposite page far* , there's a place for rything and something for everyone in the family, each working on individual projects. Painting by Jack Youngerman from the Truman Gallery.

WORKROOM FOR TWO *Right:* Here's a workable space created by a couple who wanted to write together at home but didn't want to devote a whole room to it or spend a lot of money. Dove gray walls and painted white floor provide a serene environment for concentration. Side-by-side desks and an ample supply of storage are formed by three white file cabinets topped with butcher block and lit by lamps on a clamp. At left, wicker shelves hold books and reference materials.





POP-UP TV *Left:* A television that rises to the right height for viewing from bed, then discreetly disappears into its plexiglass cabinet beneath a cover with a sturdy handle made from a grab bar. Its secret, a clever pulley system you can operate with the touch of a finger. Designed by architect Robert Rhodes.

DISAPPEARING TABLE *Below:* Table for two—rooms, that is. Formica-finished wood table on casters slides from the kitchen, through a table-sized slit in the wall, to the living room in a London mews house remodeled by Barney Broadbent. In the kitchen, it's used for breakfast or as an extra work surface. Just above the table, a pass-through with stainless steel tiled sliding doors makes it easy to serve meals, when the table is leading its double life on the other side of the wall, *below left,* where it transforms the living room for dining. Here, three sofas on casters glide up to the table and curve conveniently around it. "The system works just fine," Mr. Broadbent says, "as long as you remember to clear the table before it makes its return trip to the kitchen."



TREET PORTER



When your windows really need special treatment

BEADLE



Give them a new point of view—even a challenging window can have a pleasant outlook

PRIVACY PLUS A VIEW Wanted: a glass-enclosed porch with the airy privacy of a summerhouse and the fresh-air feeling of the outdoors. To create both, shadecloth vertical blinds, pale blue like the walls, rotate 180 degrees for complete sun control on the three window sides. More summerhouse touches: wicker piled with flower-colored pillows, Mexican chairs, baskets brimming with needlework, plenty of plants. Here—just right for ribbons of sunlight through the blinds—ficus trees rimmed with wax begonias, schefflera, and white caladiums. Interior design by Camille Lehman.

AWKWARD WINDOWS UNITED This country bedroom, *opposite page, top,* was a hodgepodge of windows and doors. The solution? Straightforward white paint plus simple curtains with a whisper of pattern. Curtains of Hinson cotton frame half-curtains of eyelet batiste from Henry Cassen. Marighan chintzes on bed, chairs. Interior by John Rieck. Shopping, page 210.

TOM

CORNERING THE PROBLEM

To turn an upstairs laundry, *bottom,* into a topflight den, vertical blinds as sleek as minimal sculpture are angled across a corner to screen out pipes and a fuse box: Now you see them (blinds open, *below*), now you don't (closed, *left*). The pipe around the skylight becomes a perch for theatre spot-



lights, focused on a Sam Francis canvas. Sinks serve as bar and beverage cooler. For floor, spatter painting plus polyurethane. Interior by Chuck Winslow for the Kips Bay Boys' Club Showhouse.



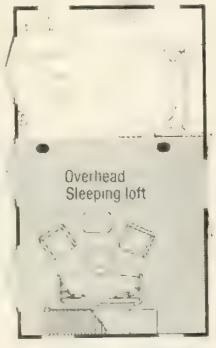
How can you turn a barn into a place for parties and guests?

Transform it into a country living room with French doors, beams, and terra-cotta floors





It's still shaped like a barn, with little shuttered windows and wide wooden beams, but now it has the warmth and charm of a French country house. Photographers Carmen Schiavone and Gerard Rebouillat gave their 35-by-25-foot barn its new personality with French doors, handsome antique furniture, Renaissance art, and the natural textures of suede, leather, and linen from Lee/Jofa. Underfoot, they installed earthy hexagonal tiles from Country Floors. Overhead, half the ceiling was removed to reveal beams and create an upstairs sleeping loft (see plan at right). At the far end of the room, *above and right*, a new fireplace was cut into the old chimney. Even the outside now looks like a French pavilion, *left*, with statues overlooking pool, and tall French doors where old barn doors hung.



LONDON





The personal house

Anthropologist Ashley Montagu tells why you and your house flour when you get involved. An intervie

BY NANCY RICHARD

The growth of a house is like the growth of a baby. One has to nurture, love, and stimulate it to development. Like a baby, a house needs support to realize its potentialities. It's full of promise and will increase in complexity as it reaches its potential. A house is also a reflection of your personality and if you don't involve yourself in your house you are merely a lodger. I once saw a movie, *Mr. Blanding Builds His Dream House,* with Cary Grant and Myrna Loy where they were looking for a dream house in Connecticut. They walked into a house for the first time and fell through the living-room floor. The real-estate agent gave them the usual story about how wonderful the house was and how easy to fix up. On the spot, Cary Grant had a vision of standing like a country squire with a retriever at his side in the completed house. For me the scene shows what pleasure he took in bringing the house to life. It illustrates the great feeling one has about a house one has participated in and become a part of. There's a very deep emotional attachment that develops between oneself and a house in which one has lived and been happy. It's as though the house became a living thing, and one made it so by living in it and treating it tenderly.

The sensitivity that guides our first impressions of people and situations is the same kind of sensitivity that goes into making a house. Whatever we choose to do creates an effect that is of great importance to us. All the daily sensations one receives, not only from one's house and the way it is arranged, but also from our environment in general, contribute to our well-being in a major way. This is why a jail is such an unpleasant place to be in. We'd rather be anywhere else on earth.

Certain universities illustrate the influence the environment has in our lives. It's what is most important in a place like Oxford or Princeton. Even the teachers are part of the environment. They are very good teachers, and since they're often eccentric they're more than good, they're original. The beauty of the physical setting is an equally strong influence: the buildings, the quadrangles where the grass is so green and carefully kept, the chapels which are attractive in a deeply religious sense even if you're an atheist. What one takes away from places like this is a sense of the importance of the environment, a sensitivity toward surroundings, a sense of what you can tolerate and what you ought not to tolerate.

No one seems to realize fully e that the environment is part of our tion. Our houses condition us. Ther indelible impression from our home ence, no matter how simple. The important thing about a house is n physical elements but the sense of c it offers—both physical and spiritu house that's physically uncomfortab still manage to be spiritually satisfyin Victorian phrase "there's no plac home" sort of sums it up.

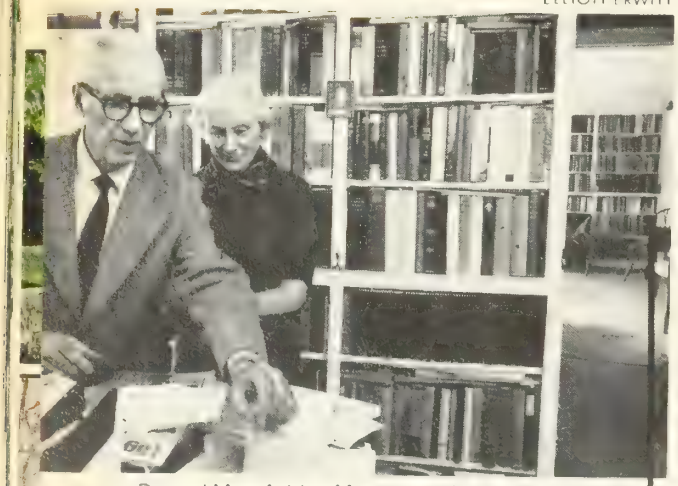
The striving to make yourself co able is what the word *culture* in the a pological sense is all about. Our live striving to make ourselves comfort this is not an inferior desire—it's not question of creature comforts to the sion of spiritual development. It's c in the largest sense. Spiritual develo in the most profound sense leads us that everyone is related to and respo for everyone and everything else. Th ideal, which by definition is not real but striving in that direction makes t ference between a clod and a human

"When you are consisten compelled to make lots of changes, remember th having a house that has everything in it is no substitute for a house the right atmosphere"

This question of seeking comfort environment leads us to look at th human needs. First of all there are s ing needs: the need for oxygen, foo liquid, activity, and so on. Without th can't survive. Most of our other ne derived from these. These needs a internal values and we live to external

Continued on pa

ELLIOTT ERWITT



Dr. and Mrs. Ashley Montagu in his study, where books line the walls, cover a room-length table desk, and spill over into four sides of a book-island in the center of the room.

Dr. Ashley Montagu, anthropol social biologist—an English-born Am who has lived and taught in America f almost 50 years—is the author of ov books on why we're the way we are ar through greater understanding what do to make things better. He has writt books on the superiority of women, c relations, aggression, and the influen the cultural environment on children second edition of *Touching* (which te from the moment of birth and throug our lives we need to touch and be tou is just available from Harper & Row. Dr. Montagu lives with his American Marjorie (their children are grown) in yellow stucco farmhouse, which they stored, in Princeton, New Jersey.



John Leonard at home, with his wife Sue, left, and her daughter Jennifer

The private party

One man's reaction to the convention of sociability

BY JOHN LEONARD

Small is better if, in the company of human beings, you want to hear what anybody says. Small permits pauses, little spaces in which intelligence is shaped, time to comb the thoughts and a chance to let the emotions walk around on a leash. I am thinking small these days, having been trapped in noisy bigness, having gone to too many parties as though to war, and having given too many parties that resembled bomb scares.

Once upon a time in Texas, I went to a party that was intended in some way or other to honor the arts. Our host, according to rumor, had inherited the patent on an electric eye that opens and closes garage doors. His house was something between a hacienda and the Palace of Versailles, and very authentic: They must have leveled four small Mexican villages in order to bring back all that authentic wood. The shower stalls were big enough to stable horses. Patios were always sneaking up on you, and in every patio was a fountain of sour mash.

No matter where I turned, there was a mariachi band. At first I thought the band was following me. Then I realized that there were at least three and perhaps five different mariachi bands stationed throughout the house. They were all playing and singing the same song. As if performing a round, each band had begun the song at a different time, an interval of maybe two bars. The effect, on walking from the east wing of the house to the west—about the length of a soccer field—was to hear the same bar and the same lyric over and over again.

On climbing the stairs of what I now imagine to have been a campanile tower, I found a lovely young woman at the railing on top. For awhile, in silence, we looked down. South Texas was wall-to-wall mariachi bands. I quoted Yeats: "Being all alone I'd nurse a stone/And sing it a lullaby." She couldn't hear me. She was trampled under on our way to the bus, and ever since, every time I bite into a taco, it is my heart I am eating out.

In 1963, before the world went wrong, I had a late-night radio program in Berkeley, California. We did things like play records at the wrong speed and tell jokes: "did you see *Last Year at Marienbad*?" (Long pause.) "Perhaps."

Anyway, in June of that year I decided it was time to go into the woods and write a novel, like everybody else who was a graduate student of himself and felt bad about sex and history. So the radio program had to come to an end, and I would give a farewell party for all the gentle folk who had helped to keep us on the air in spite of the Federal Communications Commission. Nothing fancy: a vacuum cleaner bag full of used pretzel nuggets and an aluminum keg of draft beer with the sort of spigot that makes sure no one gets anything in his or her plastic cup but a pile of foam.

That night, during a musical interlude, a puckish member of our cast announced to the listening audience that I was giving a party. He also announced my address, in surprising Oakland.

I got home at quarter to two in the morning to find every freak in the Bay Area clogging my block: poets, grandmothers, moonmen, vampires, motorcycle hoodlets, omophagous lizards. *This* was our audience, the very bottom of the libidinal pool. They knocked down my wife, pushing through the portals. They abused the piano and the phonograph. They pulled pots and pans from the kitchen cabinets and tried them out as bongo drums.

When, at 4 A.M., the police arrived, I greeted them gratefully with a quote from Yeats: "And there is none so fit to keep a watch and keep/Unwearied eyes upon those horrible green birds." The rough beasts were routed. At the curb outside my living-room window, until the bloodshot dawn, a patrol car dozed warily to spare me any more party.

"I am thinking small these days, having been trapped in noisy bigness, having gone to too many parties as though to war, and having given too many parties that resembled bomb scares"

We are in New Hampshire, on a summer Saturday, next to a pond. I should be surrounded by refugees from the local artists' colony. They are, after all, my guests. I am staring into a pit of coals. Above the coals, on a spit, spins a suckling pig. His ears wear brown-paper envelopes, so as not to singe. His hooves have been elaborately wired to the spit, so that he won't flop. The paper burns. So do the ears. The wire yanks the hooves off his legs, and he flops. The fat drizzles. Pigskin is for footballs.

I am, in fact, alone. I have been alone since early this morning, when I went to get the freshly slaughtered suckling pig and everybody in the grocery store avoided my eyes as I collected my meat. They had wrapped the pig in wax paper and laid him in a box. On the passenger seat of my Volkswagen, with the windows open, the wind rustled the wax paper and I stole glances at what looked like a beardless, murdered child.

My own children, when I returned to the cottage with the pig, had come running to see. They saw. They went off into the apple trees to work on their Oedipus complex. I went to the pond to light the fire for the pig that nobody will look at and so a couple of dozen creative types, paraphrasts, guilt-junkies, not to mention my own children, are pretending to drown in the pond while I

Continued on page 208

John Leonard, novelist, book critic, astringent essayist, has been chief cultural correspondent for *The New York Times* since 1973. Previously, he was editor of *The Sunday Times Book Review*. A student at Harvard, and graduate of the University of California, Berkeley, his career has encompassed a variety of activities. He has worked in broadcasting, in an anti-poverty program, and with immigrant labor groups in the apple orchards of New Hampshire. He and his wife Sue and her daughter Jennifer live in a brownstone in New York City, where they entertain small groups of friends in the cozy, second-floor kitchen.

Sun settings

Six summery ways to make your tables inviting



Tables set for the season: sparkled with crystal and glazed chintz and glossy with fruit, even moved gaily outdoors, like the one on the veranda of Audubon House at Key West (Florida's unique combination of Nantucket and the West Indies). Lots of glass and silver reflect the sun's evening rays, a tin tub brimming with fruit is enameled white for gleam. Bright bandana napkins by Dessin Deux for Leacock. Crystal and "Mansfield" china by Lenox; "Kirk King" flatware and all silver by Kirk. Chintz by Bloomcraft. Fruit on all tables, from the Florida Lime and Avocado Administrative Committees. Shopping information, page 210.

EMERICK BRONSON



When it's too much like summer to eat indoors, why not move the dining table out on the porch?

Sun settings

Right and below: Summer brunch served in a riot of pink roses—three different plate patterns, all covered with delicate blooms. Eggs nest in crystal cordial cups, bread in a crystal basket; honey glows in a glass jar. The setting is the lawn of Mr. and Mrs. Emerick Bronson's home, "Southmost." "Rose Bouquet," "Rose Chintz," and "Bradbury" ironstone, all by Johnson Brothers. "Joan of Arc" sterling by International. Wedgwood Irish crystal. China, glass, and silver all at Altman's. Cloth and napkins by Bloomcraft.
EMERICK BRONSON



for sparkle, for wit: cut crystal baskets for fruit and breads, eggs in faceted cordial cups



Young way to polish a table—glazed chintz for tablecloths, napkins

bove: For dinner by the garden wall, a blecloth the color of the buttercups at circle the plates, and cool green asses to complement leaves and nes. The celebrated citrus crowns hat was a tin pudding mold, here verted and brushed with white namel for an unusual centerpiece. hite napkins are tied casually loose knots; hemp and reed safari airs from Jere Cavanagh's ave a gentle recline for the Bronsons' laxing. "Royal Buttercup" china, Crystalline Green" wineglasses, and Old English Tipt" silver, all by Gorham. oth and napkins by Bloomcraft.



Simple tin buckets and tubs,
sprayed glossy white,
make charming centerpieces,
practical wine coolers







Sun settings

Above: A table set to picnic by the swimming pool, with cornflower blue—*the* poolside color—shimmering on plates and napkins. Wine bottles cool in tall tin buckets, avocados fill others—all enameled white. (learn how, page 52) Bare wood sets a beachstyle mood at Piero Aversa's Key West house; the table is deck level; guests sit on wooden banquettes. Hand-carved wood service plates from Ambient; beechwood-and-acrylic salt and pepper grinders by Cole & Mason. "Marlina" Aynsley bone china. "Galtee" Waterford Crystal. Towle "Silver Flutes" sterling. Napkins, cushion coverings by Bloomcraft. **Right:** "Galtee" goblet, handblown.

Below: Pineapples, palm leaves, and peach—the tropical touches on a romantic dinner table. The cloth is light peach chintz; napkins are tied with strips of palm; ceramic bowl and candlesticks are handmade. Constance Freeman loves to set her table at the end of her pier, but you can create the Florida effect in your dining room. "Tea Ceremony" china designed by Cathy Hardwick for Mikasa. "Charm" crystal by Ebeling & Reuss. Ceramics from Terrafirma. Salts and peppers, "American Colonial" sterling flatware by Oneida. Cloth, napkins by Bloomcraft. Shopping information, page 210.

EMERY K. BRONSON



Make the most of lively china and crystal by giving it a subtle background of one delicious color



Sun settings

When you have tables full of tropical colors, try cooling them down with pure white plates

Left and below: Lunch in the summerhouse on a circle of cerise under an old-fashioned fan, bright with fruit-and-flower colors: shocking cherry kerchief-print napkins against a red-and-white-check cloth, Florida oranges in a white-enameled tub. The gazebo in the garden of Richard Heyman and John Kiraly is pure Key West—a little Victorian, and full of white wicker. Cloth and napkins by Dessin Deux for Leacock. "White Warmstry" china by Royal Worcester Spode; water and wine goblets, "Washington" and "Rambouillet," Cristal d'Arques by J.G. Durand. Shopping information, page 210. EMERICK BRONSON

A touch of FRAGRANCE

Take some flowers, fruit, a little spice, and stir up your own potpourri—it makes good scents



It's a basket full of summer—potpourri, a mixture of dried herbs, fruit, flowers, and spices. With the biggest bloom of summer roses just a few weeks away, now is the time to learn how to make your own. It's easy to stir up a big spicy bowlful, and Maida Silverman, author of *A City Herbal,* has created three special recipes, all shown across the page. Part of the fun is drying your own herbs and flowers—any flower will do, even a scentless one will add color. Pick them early in the morning, after the dew has dried, and when they're just freshly opened. Remove flower heads from stems and dry them on flat trays in a cool, dark place, until the petals are crisp. When you've assembled all ingredients for your chosen recipe (see page 70), crush whole herbs and spices with mortar and pestle and mix everything together in a large glass or pottery bowl. Gently squeeze handfuls of the mixture to release aromas, then spoon into plastic bags, seal, place in paper bags, store for two weeks. Take the bags out, shake gently, pour into baskets and bowls. By now the fragrances will have blended, and you can adjust the intensity of the spices until you find the combination you like best. Experiment—"Just add what you like, it's hard to ruin a potpourri." Each day stir the mixture, leave the cover off bowl or box for a few hours to let the scent float into the room. A well-made potpourri will last months, even years.

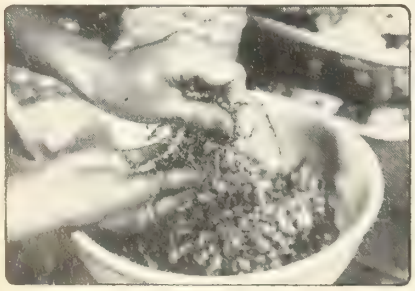
Above: Maida Silverman measures ingredients. **Right:** Sweet melilot grows wild in city and country. **Opposite:** Potpourri in the garden: Four Centuries in a big lined basket. Hexter fabric. Old Rose fills a covered porcelain tureen from Portugal; Mottahedeh. Country Herb and Spice in "Glasserole" by Corning. Shopping information, page 210.

OLEKSAK





Above, left: Gently crushing herbs with mortar and pestle. **Above, right:** Old Rose ingredients in bags and bowls.



Gently squeeze handfuls of potpourri to release perfume



Weighing out potpourri. Terraillon scale.





Patterns for change

How to update an old apartment with color, fabric, and imagination

When you use color, don't be afraid of a little adventure. In this apartment, a pastel palette and a few soft-spoken patterns are used traditionally in the living room, but just down the hall, the bedroom is full of bright colors in a big bold pattern. The living room, *above and right*, began with Mr. and Mrs. Robert Chorlton's collection of friendly furniture. To update it, walls were painted melon, trimmed with a triple-border cornice molding, and a brand-new dining alcove was created by enclosing its L, adding a wall with doors rescued from basement. For a coffee table, three see-through cubes let Tibetan design of Stark carpet show through.





a built-in banquette for dining. A raised platform for sleeping



"We put everything we had in the living room, so we could start from scratch in the bedroom," say Mr. and Mrs. Robert Chorlton, who have always wanted a contemporary living space. "And the pattern makes this room so different from the living room that it sometimes seems like two apartments instead of one." Since they liked the idea of a bed-sitting room, they divided the space in two and built a sleeping loft: When you walk in, you're in the sitting area, *above insert,* where a lively patterned sheet has been quilted for the sofa and used again for floor pillows. Up four steps on either side of the partition and you're in the new sleeping loft, *above,* built almost at window level so "we could see the park from the bed." Two red-painted wood chairs—one cushioned in yellow, one in green—accent more sheets, "Fol de Rol" by Martex, on platform bed. Shopping information, page 210.

Above and above insert: Throughout the bedroom-sitting room, gray carpeting. Above the sofa, a painting bought at a health-food store. **Opposite page, left:** Off the living room, a dining alcove. Tiny prints and jeweled colors make an interesting accompaniment to the living room's pales.

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MEAL IN MINUTES

MENU

Chicken in white wine
Rice and peas
Green salad
Strawberries with fresh orange juice

Italian cooks are geniuses at turning out quick meals, so delicious they work equally well for family dinners and for casual parties with friends. The menu and recipes here are from Nika Hazelton's newest cookbook, *The Regional Italian Kitchen* (Evans).

A meal from scratch in less than an hour: Begin by heating chicken bouillon for the rice. Next, stem berries and toss with fresh orange juice. Wash salad greens and scallions for the chicken. You could also do these ahead, wrap in paper towel, pop in plastic bags. Make salad dressing directly in the salad bowl, or make it ahead and store in the refrigerator. Skin and bone chicken breasts—you will gain a quarter of an hour if you have this done ahead by your butcher. Chop, grate, and assemble all ingredients for the chicken and rice. Dust the chicken pieces with flour. You are now ready to begin both dishes, which cook simultaneously but separately on top of the stove. Start the rice first, then work on both in turns. Your meal will be ready to serve in about 25 minutes.

Chicken in white wine

(Pollo al vino bianco)

INGREDIENTS

4 large chicken breasts, halved, skinned, and boned
Flour
2 tablespoons olive oil
2 tablespoons butter
Salt, freshly ground black pepper
1 cup dry white wine
6 scallions, white and green parts, thinly sliced or 2 small leeks, white and green parts, thinly sliced
Grated zest of 1 lemon

METHOD

☐ Trim the chicken breasts and remove any loose or visible fat. Coat lightly with flour, shaking off excess. Heat the olive oil and the butter in a frying pan. Cook the chicken until golden brown on all sides. *Continued on page 20*

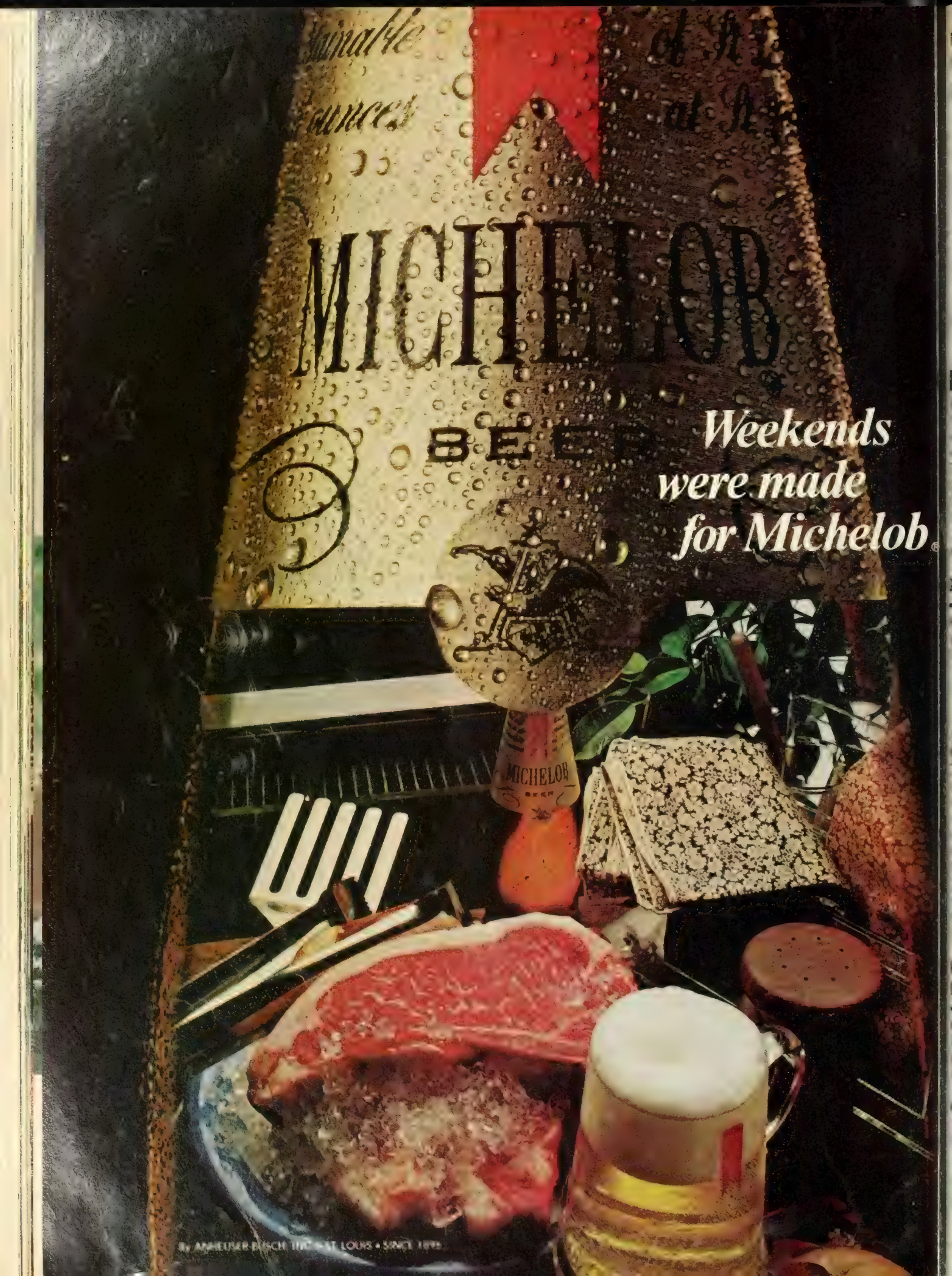
Opposite page: Creamy gazpacho, flavored with garlic as a first course for lunch outdoors at Holly Park, Ireland. Garnish with chopped egg, tomato, cucumber, sweet peppers, onion, and toasted croutons. Recipe, page 196.

WINE & FOOD

ADVENTURES IN COOKING

Gazpacho in Ireland and other international meals with a twist




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Fresh fruit desserts



Peaches in orange liqueur

Quick and delicious ideas, like ripe pear with Gorgonzola stuffing and grapes steeped in brandy, lemon, and honey/By Marian Burros

"Fruit desserts are the perfect end to today's ighter, simpler meals because hey satisfy that craving for something sweet in a natural way," says Marian Burros. These dozen examples are from Mrs. Burros's new book *Pure & Simple—Delicious Recipes for Additive-Free Cooking*, published this month by William Morrow.

Grapes in brandy

NGREDIENTS

¼ cup honey
5 tablespoons good brandy
1 tablespoon lemon juice
1 pound seedless grapes, washed and drained
1 cup sour cream

METHOD

☐ Mix the honey, brandy, and emon juice thoroughly in a owl. Add the grapes to the nixture and stir gently to coat rapes completely. Chill for everal hours, or overnight. Stir occasionally.

☐ To serve, spoon into 4 indi-idual serving dishes and top ach portion with ¼ cup sour ream. Serves 4.

Pears with Gorgonzola

NGREDIENTS

4 pears, ripe but not mushy
6 ounces Gorgonzola cheese, softened

METHOD

☐ Wash pears, halve, and re-nove centers with a teaspoon. Also remove woody part, but leave stems intact. Spoon the cheese into the cavities and refrigerate. Remove pears from refrigerator about 15 minutes before serving to give them time to lose their chill. Serves 6.

xcerpted from *Pure & Simple: Delicious ecipes for Additive-Free Cooking* by larian Burros, to be published by William orrow & Co. Inc. Copyright © 1979 by larian Fox Burros.

Marinated fruit

INGREDIENTS

⅔ cup dry vermouth or orange juice
5 tablespoons sugar (If orange juice is used, reduce sugar to 2 tablespoons.)
½ teaspoon cinnamon
1 large pineapple, cut in wedges
4 navel oranges, peeled and sectioned
2 pears, unpeeled, diced

METHOD

☐ Combine the vermouth, sugar, and cinnamon in a bowl and allow to stand in the refrigerator for at least 1 hour. Strain the liquid, discarding the sugar residue. Pour liquid over prepared fruits in a serving bowl. Marinate at least 1 hour in the refrigerator before serving. Serves 8.

Peaches in orange liqueur

INGREDIENTS

2 pounds fresh peaches
¼ cup butter
1 cup sugar
½ cup orange liqueur (Cointreau, Triple Sec, or Grand Marnier)
¼ cup lemon juice
½ cup almonds, slivered



Red plum compote

METHOD

☐ Wash, halve, pit peaches. Arrange, cut side down, one layer deep, in shallow baking pan.

☐ Cream butter and sugar together in a bowl; stir in orange liqueur and lemon juice. Spoon mixture over peaches and refrigerate, if desired.

☐ To serve, return to room temperature and sprinkle with almonds. Bake at 375° for 35-40 minutes, until peaches are soft. Baste with juices once or twice. Serve warm, not hot. Serves 6.

Nectarines and brandy

INGREDIENTS

6 medium nectarines
¾ cup sugar
1 cup water
5 tablespoons brandy
1½ teaspoons vanilla
1 cup sour cream
1 tablespoon confectioners sugar

METHOD

☐ Blanch and peel nectarines; pit and cut into quarters. In a large saucepan, combine nectarines, sugar, and water. Bring to a boil; simmer 1 minute. Remove from heat and stir in 3 tablespoons brandy and the vanilla. Let stand until mixture reaches room temperature; then chill.

☐ Just before serving, arrange fruit in 4-6 individual dishes. Combine sour cream, confectioners sugar, and remaining brandy in a small bowl. Spoon over nectarines and serve. Serves 4-6.

Blueberry kir sauce

INGREDIENTS

1 tablespoon butter
1 tablespoon cornstarch
¼ cup crème de cassis
¾ cup dry white wine
1 tablespoon lemon juice
1½ cups fresh or frozen blueberries
Vanilla ice cream



Blueberry kir sauce

METHOD

☐ Melt butter in a saucepan. Combine cornstarch and cassis to make a smooth mixture and gradually stir into melted butter. Add wine and lemon juice and cook, stirring, until mixture is thick. Stir in berries and cook just until they begin to burst. Chill. Serve over vanilla ice cream. Serves 5.

Pears in zabaglione

INGREDIENTS FOR PEARS

8 firm, ripe pears with stems
1 lemon, sliced
¼-1 cup sugar, depending on ripeness of pears
Zabaglione sauce (recipe below)
Small green leaves for garnish

Continued on page 198

If this is gazpacho, we must be in Ireland



"Friendly, farm-fresh dishes seem to please people of all ages, and I never mind repeating the same dish on a friend's next visit," says Heather Cohane, who leans heavily on her own chickens, eggs, vegetables, and herbs. "Even the white gazpacho is a home-grown product invented during a rare heat wave, and now it fills in as a first course at lunch any fine day. In the milky mixture, the bright vegetable bits glow like jewels." Jack and Heather Cohane and their three children, Alexander, Candida, and Ondine, spend parcels of the year in London and in Italy, but home for all of them is Holly Park, the white Gothic marvel set in the greenness of the Irish countryside. Here they find that playing host to an assortment of visitors from every part of the world is a large part of their fun. "So much time is spent just talking or walking in the fields or showing off our local wonders that food is of necessity of an honest and untemperamental sort. Adventure in cooking for me is finding or concocting dishes that please and work time after time. Two of our favorite desserts, Mary Moore's chocolate brandy cake and the orange syllabub, are actually just assembly jobs. But they have cared-for and comforting qualities of their own." Heather Cohane often plots a weekend of food ideas that can be programmed for indoors or out depending on Irish weather. Jack Cohane, a respected writer, whose latest book is a discourse on the extraterrestrial origins of man, says "I have the traditional cooking role here, and that's at the outdoor grill where I am fearless at inventing pungent new sauces." Kedgeree, in the sunny-looking kitchen, is an adventurous alternative to bacon and eggs for brunch or breakfast and can be made in twenty-five minutes from start to finish. "Heather was right to paint the kitchen positive-thinking yellow," says Jack. "No chance of gloom here even on the grayest days." The canaries, named Love and Kisses, and their offspring, Kissinger, agree. "The garden produces a sea of lettuces for much of the year and that's lucky for braised-lettuce lovers such as we. I use whole, young lettuce, blanch them, then cook on top of the stove in a covered casserole with stock, butter, and seasonings for about 25 minutes. If too liquid, reduce before serving." Recipes, page 196.

SUNDAY BREAKFAST IN THE KITCHEN

◆

Kedgeree
Braised lettuce
Soda bread





FARM FRESH DINNER IN THE DINING ROOM

◆

Poached chicken with chives and garden vegetables
White parsley sauce
Chocolate brandy cake
Whipped cream

1. Poached chicken with a coat of chives surrounded by garden vegetables to serve with white parsley sauce. **2.** Table set with peonies in silver mugs. **3.** Chocolate brandy cake with whipped cream. **4.** Orange syllabub in antique Waterford bowl. **5.** Smoky kedgeree for a light brunch. **6.** Heather Cohane, mistress of Holly Park.
Above: Heather and Jack Cohane with daughter, Ondine.
Left: Kitchen is also home for three canaries.

BEADLE

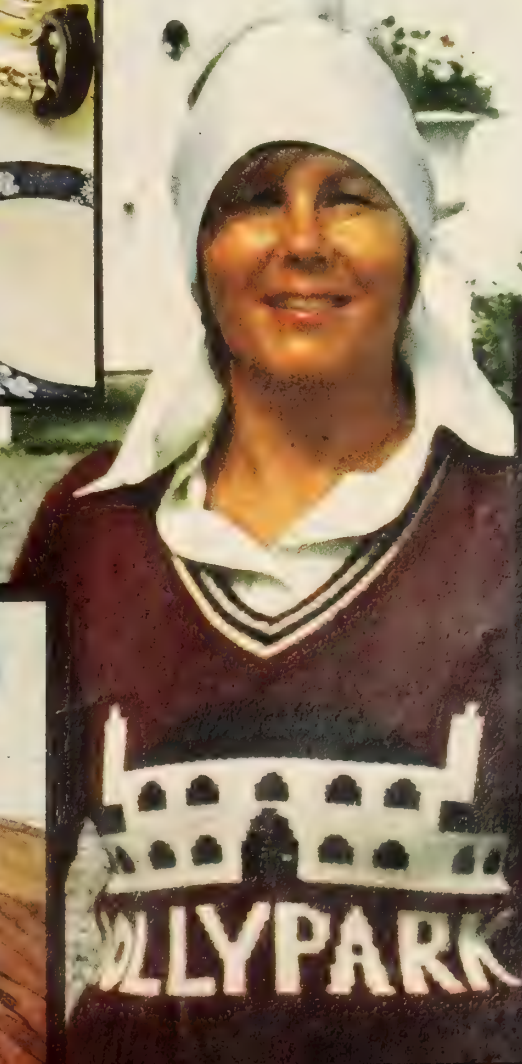











LLYPARK

How to cook for a famous French chef

By Naomi Barry

The well-run house of the past cherished its Household Book, a collection in the Mistress's own hand of the family's prized dishes and menus plus a few directives for economy and extravagances.

Denise Vergé's Household Book is different. It is really the book of her husband, one of the most inventive chefs of France. He dictated the recipes of the dishes he likes to eat when at home alone with his wife or in the company of one or two good friends, and included his sure-fire instructions on how to realize them . . . even for a novice at the stove like Denise.

At his own table, Vergé likes to eat simple, natural foods. However, because he has traveled and worked all over the world, the combinations and the flavorings may indicate a nostalgia for the tastes of Africa, the Caribbean, the Far East, or nearby Italy.

Roger Vergé is a handsome sportsman (big-game hunter and deep-sea fisherman) and owner-chef of the Moulin de Mougins, a 3-star restaurant 8 kilometers up in the hills behind Cannes. Certain guests have been known to reserve a year in advance to be sure of a table in the exquisitely flowered Moulin and the chance to feast on such Vergé attractions—based on superb local fish—as Bisquit de Loup aux Asperges Sauvages, Sauce Légère; Daurade Royale du Pays Rôtie au Laurier avec la Fondue d'Orange et de Citron: Terrine de Rascasse au Citrons avec Concombres

Continued on page 186



2



1

1 Denise and Roger Vergé in their kitchen with her potatoes Dauphinois. **2** Baked fish with orange and lemon sauce. **3** Tiny broccoli and spinach custards. **4** Denise Vergé just back from the flower market. **5** Pork chops Jamaique with cinnamon, bananas, and tomatoes. **6** Oeufs à la Neige garnished with crushed praline and raspberry candies. **7** Lemon, orange, and raspberry in pastry saucers.







Left, top: Denise Vergé making one of her bouquets. **Left, bottom:** Vergé dining room arranged like a bistro. **Above:** House set in greenery.

DAVID MASSEY


3
4
5
6

Slimming Mexican meals, California style

When it comes to food, Californians like theirs the same way they like most things in life—healthful and simple. Native Los Angeleno, Huli Citrin takes Mexican food—"soul food to many Californians who grow up on Mexican fruits, vegetables, and enchiladas"—and gives it a low-calorie slant. Her delicious party for 12 can be put together in 3 hours, either ahead of time or amid the bustle of a convivial gathering. "Most of the preparation time goes into vegetable chopping and slicing, and it goes faster if you give your knives a light sharpening before you begin." At work on a low-calorie cookbook, California style, Mrs. Citrin has also just launched "Cooking Experience," an approach to teaching emphasizing cooking as a creative process. In this menu, the salsa, a Mexican classic, should be made first to allow the flavors of the vegetables to blend; "but be careful not to touch your eyes until all the chili juice has been washed from your hands. Cilantro, if you can't find it in Indian or Chinese groceries, is worth growing in a pot on the windowsill just to make this sauce." Shrimp and scallops cut into bite-size pieces marinate in lime juice for at least 2 hours before serving. The only cooked dish, the Mexican pancake, can be partially prepared ahead, with only the batter mixed at the last minute, to be poured over the vegetables and baked. "If children are to be present, make up a small casserole omitting the chilies," says Mrs. Citrin, who bakes the pancake until it is puffy and golden and serves it with warmed tortillas—"If they're dry, sprinkle with a little water before warming." Guava paste and Monterey Jack cheese are layered for an easily assembled dessert. Recipes, page 194.

HULI CITRIN'S LOW-CALORIE MEXICAN LUNCH

◆

Seviche of shrimp and scallops
Mexican pancake
Tortillas
Fresh tomato salsa
Mexican orange, onion, and pepper salad
Guava paste with Monterey Jack cheese
Vodka-wine punch or Perrier water with lime and cucumber









Below: Huli Citrin joins forces with a friend, Myrna Cook, who designed the kitchen, *left above and below,* for a Sunday morning party.
1. Mrs. Citrin with her buffet food spread out on the kitchen pass-through.
2. The menu starts with seviche garnished with avocados and chilled over a sink full of ice. Beside it, a pitcher of vodka-wine punch.
3. Salad of oranges, scallions, and peppers is prettied with nasturtiums.
4. Mexican pancake, puffy and golden from the oven.
5. Meal at a glance—one person's serving including dessert of guava paste and cheese, slices of kiwi, and a strawberry.

BEADLE



What some experts and out-and-out wine lovers like and recommend/By Jane Ellis

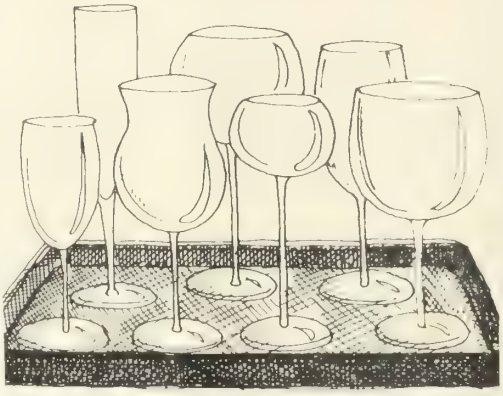
Wines to buy for more taste than money

Most wine buffs pay as much attention to finding a good budget bottle as they do to choosing the bottles destined for a spell in the cellar. In these days of zooming prices in everything we eat and drink, the best bargain wines around are a matter of interest to serious wine drinkers and novice sippers alike. At my house, the find of the moment is a Rioja called Rivarey at $2.49* a bottle and a Fetzer Vineyard claret from California at $2.10, both good day-to-day reds. Here are some of the inexpensive wines voted good value by some of the country's top wine experts. They come from America, Italy, Spain, France, and Romania, and some of the best buys crop up more than once.

James Beard picks Robert Mondavi's Table Red and Table White which come in both fifths and magnums for $2.49 and $4.59. "I like it because it is an honest wine that I can use for cooking and serving by the glass. Côtes du Rhône from Bob Haas, $2.59 is also an extraordinarily good everyday wine."

"Inglenook Navalle Burgundy at $3.89 a magnum is a good wine to offer by the glass," says Maurice Moore-Betty. "I also like Père Patriarche, which comes in both white and red from the Côte de Beaune." $2.99.

"A good all-purpose wine to keep in the refrigerator—especially good for summer poolside drinking since there is no glass bottle to worry about—is Summit Chablis from Geyser Peak Winery," suggests Harriet Lembeck, who has revised the new edition of *Grossman's Guide to Wines, Beers, and Spirits* (Scribner's). "It comes in a box with a vinyl bag inside that collapses as you use the wine, so no air ever gets in to oxidize it and change its flavor." $6.99 per 128-ounce box.



Offer a variety of glasses from flutes to balloon Burgundies for wine aperitifs.

"Paul Masson makes a good Petite Sirah for $3.29," says Terry Robards, an editor and wine writer. "I comparison shop constantly and buy whatever seems to be a bargain at the moment. There are good buys in Muscadets 1975 and 1976 and Pinot Chardonnay Macons 1976."

"I've always had a rule of thumb that you can't go wrong with any wine of Verona or its vicinity," says playwright and wine buff, Samuel Taylor, who stocks his Maine cellar with Bianco Di Verona and Rosso Di Verona from Sherry Lehmann in New York at $2.49 a liter, together with Folinari Soave and Valpolicella. "Other perennially good values are the Côtes du Rhônes, like La Vieille Ferme at $2.99 a bottle, and wines from the Muscadet region—a Cartier blanc de blanc at $1.99 is a good value in comparison with Muscadets, which are hard to find under $3.

"Vary your wine selection to put variety in your life. We switch from Italian to French to American and back, and every so often get a very good bottle out of the cellar for a treat."

For an apéritif Mr. Taylor concocts a *petit vin gris* for his wife, Suzanne, by adding 4 ounces of a Grenache Rosé to a bottle of Gallo Chablis to produce a beautiful, smoky-colored wine reminiscent of the Alsatian wine of that name, and he quotes one of the defendants in the Bordeaux wine blending trials, "It may be against the law, but it tastes awfully good."

For the Four Seasons restaurant in New York, Paul Kovi picks Beaujolais Villages Jadot and Macon Lugny "les Charmes", $3.25.

"A popular wine, seen around town at a lot of large parties is a Gouriet Vin de Table," says Michael Aaron, who buys wine as vice president of Sherry Lehmann, but has his own best bets, too. "It's a typical, good, honest wine that's fresh and crackling; it is a blend of Macons, Loires, and Burgundies, and at $3.29, it is a fraction of the price of most Macon blancs. It was tracked down by George Lang to serve in his restaurants throughout the world, and is reminiscent of the good wines found at any French inn after the war."

"Romania produces some of the best 'plonk' [cheap wine]," says Nika Hazelton, whose new book, *The Regional Italian Kitchen* (Evans), is just out. "Premiat, a Romanian Pinot Noir or Cabernet Sauvignon imported by Monsieur Henri for about $1.99 plus tax is super value. Sometimes the Pinot Noir is better, sometimes the Cabernet, but we drink them all the time."

"A Los Hermanos Gamay Beaujolais at $3.89 a magnum makes a good wine to serve chilled as an apéritif or with a casual Sunday dinner," says wine writer Doris Tobias. When serving wine apéritifs, Mrs. Tobias likes to offer a variety

Continued on page 186

*All prices are [illegible]

What they're drinking in California

E & J Gallo California Sauvignon Blanc, $1.89. "A great value, a favorite of mine, dry, and splendid varietal characteristics resembling Muscadet. Serve with fish, oysters, as an apéritif. Best of all, it is dry and thirst quenching," says Robert Balzer, who writes "Robert Balzer's Private Guide to Food and Wine from California."

Sebastiani Cabernet Sauvignon, $5.50 per ½ gallon; Fetzer Premium Red, $2 per fifth; Inglenook 1973 Burgundy, $4.50 per 1½ liters; Coronas of Torres 1974 Spanish red, $2.75 per fifth. "Those are the reds I would recommend," says Robert Finigan, whose newsletter "Robert Finigan's Private Guide to Wines," is mailed from San Francisco. "There is some confusion about the size of jug wines as some wineries are beginning to change to metric-sized bottles. A magnum (1½ liters) holds 51 ounces; ½ gallon, 64 ounces. So check fluid ounces to know the comparative price." He also recommends: Folinari Soave and 1977 white jug wines from Sonoma Vineyards, especially the Colombard and Chenin Blanc at $3.50-$4 for 1½ liters.

Setrakian Mountain Chablis at $3.35 per ½ gallon. Jerry Miller, owner of The Staircase in Los Angeles.

Los Hermanos Chablis at $3.29 per ½ gallon. Robert Rowan in Los Angeles.

Torgiano Bianco, $3.99 per 2-liter or 67-ounce bottle. Dagny Corcoran and artist Billy Al Bengston in Los Angeles.

KRAFT SALAD DAYS ARE HERE

Celebrate the natural
onder of a California
vocado as it takes center
age in this smashing citrus
lad. Dress it up with
RAFT Real Mayonnaise
d you've produced a
nner!

**LEBRATE THE
LIFORNIA AVOCADO
TH A SMASHING
TRUS SALAD.**

lt. assorted greens
up orange slices
cup onion rings
cup whole almonds
cup (2-oz.)
crumbled blue
cheese
2 California Avocados,
peeled, sliced
KRAFT Real Mayonnaise

Tear greens in bite-size pieces into a salad bowl. Add oranges, onions, almonds and blue cheese; toss lightly. Arrange avocado slices pinwheel fashion on top of salad. Serve with mayonnaise.
6 servings





RAFT
food from California
fornia Avocado Advisory Board

Wines to buy
continued from page 184

of glasses from flutes to balloon Burgundies for guests to choose from. For everyday drinking, Mrs. Tobias also picks Premiat Romanian wines. "The Cabernet is flavorful and nicely balanced with a pleasing finish. The Pinot Noir is full bodied and gutsier, and at $1.99 a bottle, both are good buys." For fish, chicken, and veal dishes and a pleasant and not too acidic apéritif, Folinari Soave, available in a 67-ounce corked bottle at $3.99 is another good bet.

"Côtes du Rhônes are the best buys around," says writer B. J. Cutler from Washington, D.C. "It's just a matter of getting them young, as they don't last very well. To find one you like, just ask your wine mechant for a 1976 Côtes du Rhône, try it, and if you like it, buy a case. No one brand has national distribution. You find different ones across the country, and, I think, they're the best bargain right now." From California, Mr. Cutler finds the Simi wines to be a good value.

"My interest is always in little-known wines and wines that come from places trying to break into the American market," says wine writer William Massee. "People should not be afraid to buy wines they don't know anything about, provided that their retailer knows about them. Good ones come from Romania—a Cabernet for $2, Algeria (much better wines than just decent), Yugoslavia, Israel—Pinot Chardonnays and Cabernets. Good at the moment are the Côtes du Rhônes and Riojas. Wente, Christian Brothers, and Martini all make a real effort to make good wines for reasonable prices. Also a newer winery, M. LaMont of Bear Mountain Winery, makes good ones.

"Buy the cheap wines and try them: if they are too sharp in taste, pour in a lighter wine with them. There is no reason why people can't blend their own wines, since shippers have been doing it for ages. When inexpensive wines are too bland, add a squeeze of lemon to perk them up. Add a Bordeaux blanc de blanc (good and cheap) half and half with a cheap red, you won't even notice the color change, but it smooths the flavor."

Inglenook Sauvignon Blanc, $3.75, Chianti Classico Castello di Gabbiano 1974, $2.75. "Also a 1976 Muscadet Sèvre & Maine, $2 has a nice dryness, and a shadow of the depth and fruitiness of the best Muscadets and is good with fish," says Anthony Dias Blue, wine writer. For a jug wine, he picks Almadén Mountain Chablis, $3.69 a magnum, to serve as a summer apéritif, sometimes on the rocks.

"What would be ideal would be to convince your local wine dealer to carry the wines you want—which is not easy to do. You have to work on them. It took me six months to convince my dealer in Connecticut to carry Christian Brothers," says author and wine writer Fred Halliday, who buys the specials at his city wine dealer and any Rioja under $3 or Christian Brothers Zinfandel, $4.10.

"Caves Leonard Vin Blanc Superior 1975 by Leonard Kreusch, $1.25 or about $14 per case is great with Chinese food including beef, chicken, and fish," says Karen Lee, who gives Chinese cooking classes.

"Serve the same wines to guests as you drink in the family. Right now we drink a Macon Lugny "Les Charmes" 1975 for $3.25." Robert J. Misch, wine writer and lecturer. ■

Cook for French chef
continued from page 180

à la Crème; La Salade Mikado.

Denise was intimidated. When she married Roger, the only dish in her repertoire was a Gratin de Pommes de terre which she had picked up from her mother. Overwhelmed by the culinary talents of her husband, she did not dream of competing but concentrated on the innumerable details which are a necessary part of running a fine restaurant. Her forte is arranging the imaginative bouquets for the Moulin that have become celebrated along the Riviera. In this domain she felt sure.

Roger understands the importance of confidence. A nervous apprentice in his kitchen is gently advised to try his hand in a smaller establishment where he will have to do almost everything himself. After that, he is invited to return in six months. Vergé's counsel to a nervous housewife is similar.

"When you are alone at lunch or with your small children, why eat a sandwich, crackers, cookies? This is the time to practice an omelette or a soufflé, for example, or even something more elaborate."

After fifteen years of marriage, Denise Vergé finally expressed her dismay. "Roger, this is terrible. I can't even cook a meal for you on your day off. So please. . ."

Patiently, Roger passed on the observations of his experience to Denise. After all, he was only five when he started as a helper to his Tante Celestine, who cooked for the whole Vergé clan. His childhood memories are of a dozen hard-working people around a farmhouse table in the Bourbonnais and the joy of everybody sopping up the last trace of sauce with bread. Denise's little girl chores were making a bed, hemming a dress, ironing papa's shirt, arranging the flowers.

"Cooking essentially is a matter of spirit and the heart," he told her, and avoiding all technical terms, he set about demystifying the mystique of cuisine. He gave her principles, specific directions, tips, and the why of the wherefor.

If you are setting up housekeeping, buy your equipment from a professional supplier. "It won't necessarily be cheaper, but it is certain to work."

Use pots and pans of the proper size. A roast chicken should be cradled in its casserole. If the pot is too big, there is too much exposed surface and the butter tends to burn.

The green leaves of a salad have more taste than the white.

Rub the surface of a salad bowl or bread crust with the cut end of an unpeeled clove. The fingers are in contact only with the papery coating and are protected from the odor of garlic.

When frying, smash an unpeeled clove of garlic and drop it into the hot oil or butter. Remove it quickly, as soon as it has given off its perfume, because garlic burns easily.

To hollow an orange or a grapefruit, cut an incision through the peel around the middle of the fruit. Using the back of a shoehorn, gently work your way under the peel until the whole fruit has been completely loosened.

To obtain the segments, hold the fruit without its peel in your left hand. Using a small, sharp, pointed knife in your right hand, cut out each segment between the membranes. Squeeze the carcass to extract the last drop of juice.

If your stalks of asparagus are unequal in length, bury the short ones in the center of the bunch.

He gave her assurance. "You are supple. You can follow instructions. Write down everything. Your Gratin Dauphinois is the best I have ever eaten."

Baked fish with orange and lemon sauce

INGREDIENTS

4 bay leaves
1 sea bass, mullet, or red snapper, cleaned, weighing about 1¾-2 pounds
Olive oil
Salt and freshly ground pepper, to taste
1 Thompson seedless orange
2 lemons

METHOD

☐ Cut each bay leaf into 3 triangles with a pair of scissors. Make 6 incisions under the skin on each side of fish with a small, sharp, pointed knife. Hold skin up with knife and slip a bay leaf triangle into each slit.

☐ Rub skin with oil and season with salt and pepper. Place on a grill over a pan of water and bake in a preheated 475° oven for 20 minutes. Fish will cook in the rising steam. To give the fish a crispy look, pass under a preheated broiler for a minute to brown or sear with a red-hot poker.

☐ Peel fruit, remove white membranes and section fruit and place in a saucepan

Continued on page 188

Select Cheddar.



But you don't have to select between them. Enjoy the select flavor of spreadable Cracker Barrel, regular and smoked flavors, *and* the select flavor of Cracker Barrel cheddar cheese in the stick. Add a few crackers and garnishes and you've turned a select group into a lot of fun. Cracker Barrel offers two more reasons America spells cheese KRAFT.

Cracker Barrel. Our pride. Your joy.

KRAFT

Extract all the juice that is possible from the remnants and add to the saucepan. Season juices to taste and add 1 tablespoon olive oil. Warm sauce gently for 2 minutes, pour about 4 tablespoons over fish, and serve. Pass remaining sauce. Serves 2.

Denise's scalloped potatoes

(gratin Dauphinois)

INGREDIENTS

2 cups plus 2 tablespoons milk
1 large egg
Salt, and freshly ground pepper
1 clove garlic, peeled
5 tablespoons melted butter, plus 12 small nuts of butter
2 pounds boiling potatoes

METHOD

☐ In a bowl whisk together milk, egg, and salt and pepper to taste.
☐ Lightly rub a flat gratin dish with garlic—no little pieces of garlic should remain in dish. Pour the melted butter into the dish and spread around with your fingers. Peel and finely slice potatoes and dry in a towel.
☐ Line bottom of gratin dish with a layer of potatoes and alternate with egg-milk mixture. Dot surface with nuts of butter and bake for 45 minutes in a preheated 375° oven or until it is lightly brown on top. Serves 6.

Floating islands

(oeufs à la neige) with peach leaves and praline

INGREDIENTS

2 cups plus 2 tablespoons milk
6 fresh peach tree leaves or 1 vanilla bean, slit lengthwise, or essence of bitter almond
5 eggs, separated
¾ cup sugar
1 vanilla bean
Salt
2 ounces praline (recipe below)
Raspberry candies

METHOD

☐ In a saucepan bring the milk and leaves or vanilla bean to a boil. Remove pan from heat and allow mixture to sit for 5 minutes. Remove leaves. If using essence, dip a large needle in the essence, then swish through milk. That will be enough to flavor it.
☐ In a large bowl, add yolks and ½ cup sugar and beat together until pale yellow. Strain the milk over mixture and continue to whisk until milk has been incorporated.
☐ Pour mixture into a flameproof casserole or a heavy saucepan. Stir with a wooden spoon, and cook over low heat until it thickens. (The mixture must not reach boiling point or it will become granular. The custard is ready when your finger leaves its imprint on the wooden spoon, which has been dipped in the mixture.)
☐ Pour custard into a chilled bowl and whisk it from time to time until it is cold.
☐ In a large pot, boil 8 cups water with vanilla bean and a pinch of salt.
☐ In a large bowl, beat whites with a pinch of salt until they begin to stiffen; add remaining sugar and continue to beat until they become very firm.
☐ Turn off the heat under the boiling water. Form large egg-shaped balls of beaten egg white with a soup spoon and drop into hot water; turn balls from side to side about 5 minutes. Remove balls with a strainer and drain on a towel.
☐ Pour the cooled custard into a large porcelain or glass bowl and set the balls of egg whites on surface.
☐ Keep cool until ready to serve, but do not refrigerate. Before serving, sprinkle with crushed praline and raspberry candies for color. Serves 6.

Praline

INGREDIENTS

1½ cups sugar
1 cup blanched almonds
1 tablespoon water

METHOD

☐ In an iron skillet, melt sugar with almonds and water, stirring constantly with a wooden spoon, until mixture turns a dark caramel color. Remove pan from heat and immediately pour onto a buttered baking sheet and allow to harden. When cool, crush praline with a rolling pin or bottle. About 2¼ cups praline.

Orange-flavored dessert crêpes

"I am not a pastry chef, but Gaston Lenôtre wanted this recipe. I made it up because I don't like the last-minute cooking in the dining room for crêpes Suzette."

INGREDIENTS

1 cup butter
1 cup sugar
Juice of 2 oranges
Grated zest of 1 orange
½ cup Grand Marnier
12 crêpes, 6 inches in diameter
½ cup almonds, slivered and toasted

METHOD

☐ Heat butter and sugar in a heavy pot over low heat, stirring constantly with a wooden spoon, until lightly caramelized, about 15 minutes. Watch carefully to avoid burning. Add juice and zest and continue to cook for 1 minute more. Add Grand Marnier and remove pan from heat.
☐ Spoon about 1 tablespoon of mixture over each crêpe and fold in four. Arrange the folded crêpes, slightly overlapping, in a low, ovenproof, oval casserole. Pour the remainder of the sauce over the crêpes, sprinkle top with almonds and warm in preheated 350° oven for about 7-10 minutes. Serves 4.

Asparagus with eggs

INGREDIENTS

6 asparagus per person
Freshly grated Parmesan cheese
2 eggs per person
Butter

METHOD

☐ Just before cooking, hold each stalk between fingers at the point just before green stops, and with a knife scrape downwards from this point to the end. When scraped, break off fibrous ends.
☐ Set the asparagus, heads down, into an empty can that just holds them comfortably. Tie into a bundle and trim off ends so they are of uniform length.
☐ Lower can into a large amount of boiling water so water level is above the can and cook, uncovered, about 4-5 minutes. They should be *al dente*.
☐ Set asparagus on a towel or napkin to drain. Transfer to individual plates and sprinkle generously with cheese.
☐ Fry 2 eggs in butter and place on asparagus heads. Pour the nut-brown butter on top and the heat will melt the cheese. Serves 1.

Individual broccoli custards

INGREDIENTS

Butter
Salt and freshly ground black pepper, to taste
Freshly grated nutmeg, to taste
1 cup minus 1 tablespoon heavy cream
1 egg
1 egg yolk
7 ounces broccoli

METHOD

☐ Butter 4 ½-cup ramekins and set aside.
☐ Separate flowerets and broccoli stalks. Bring a large kettle of salted water to the boil, add stalks and cook for about 5 minutes, add flowerets and continue to cook for another 4 minutes. Remove flowerets and stalks and refresh in a bowl of ice water. Drain and reserve.
☐ Purée stalks in a food mill and season with salt, pepper, and nutmeg.
☐ Add heavy cream, egg, egg yolk, and purée to a bowl and whisk together. Correct seasoning. Fold flowerets into mixture if desired, or reserve them to use as a final garnish on the plate.
☐ Fill ramekins with mixture and set in a pan containing 1½ inches boiling water. Place on a shelf in the middle of a preheated 350° oven for 20-25 minutes, until a knife plunged into the center comes out clean.

Continued on page 190

Finally, here's a big, powerful food processor without a big price tag.

It's the incredible Le Chef Food Processor from Sunbeam.

I love to cook—whenever I can spare the time. But those recipes that call for half a day's worth of chopping, pureeing and slicing really used to intimidate me! Now, with my Le Chef, I can do those jobs in seconds. Really! And not just for entertaining, but for everyday dishes too.

What's so special about the Le Chef Food Processor? The motor is surprisingly quiet and powerful. Sunbeam calls it direct drive. I call it incredible. Le Chef easily kneads stiff yeast dough without stalling. And its super capacity container lets me prepare enough for a crowd, all at once. The Touch On/Touch Off pulse control makes for instantly regulated action, so I'm less likely to over-process foods by mistake. The Le Chef Food Processor comes with 4 processing blades and discs, for handling each job just right. The multi-purpose blade for minced onions or homemade hamburger, the shredding disc for cheddar cheese or cole slaw. The slicing disc turns out perfect, even slices of vegetables or sausage. I use the mixing blade for cake batter and desserts.



There's even a handy spatula and a complete 64-page recipe book included.

Le Chef, the amazing, indispensable food processor for everything from apple pancakes to zucchini. From my favorite appliance company. Who else but Sunbeam.

Sunbeam

Love their quality!
Hurley Jones

TEFLON II

Sunbeam Appliance Company, a division of Sunbeam Corporation ~ Sunbeam ™Le Chef ©Sunbeam Corporation, 1978

☐ Remove ramekins from the water bath and run a knife around the edge of each and unmold. Can be eaten hot or cold. Serves 4.

Individual spinach custards

INGREDIENTS

Butter
¼ pound spinach, washed, stems removed
Salt and freshly ground black pepper, to taste
Freshly grated nutmeg, to taste
1 cup heavy cream
1 egg
1 egg yolk

METHOD

☐ Butter 3 ½-cup ramekins and set aside.
☐ Bring a large kettle of salted water to the boil, add spinach, and when water returns to the boil remove spinach and place in a bowl of ice water. Drain and squeeze spinach into a ball between both hands to wring out and remove as much water as possible. Coarsely chop spinach and season with salt, pepper, and nutmeg.
☐ In a saucepan, heat 1 tablespoon butter until it foams. When foam subsides, pour into a bowl and allow to cool slightly.
☐ Add heavy cream, egg, egg yolk and whisk together. Stir in the spinach. Correct seasoning.
☐ Fill ramekins with mixture and set in a pan containing 1½ inches of boiling water. Place on a shelf in the middle of a preheated 350° oven for 20-25 minutes, until a knife plunged into the center comes out clean.
☐ Remove ramekins from the water bath and run a knife around the edge of each and unmold. Can be eaten hot or cold. Serves 3.

Jamaican pork chops

INGREDIENTS

Flour
4 pork chops, about 7 ounces each
Salt and pepper
4 tablespoons butter
1 large onion, finely sliced
2 cloves garlic, minced
1 bay leaf
1 cinnamon stick
2 large tomatoes, sliced
4 bananas, mature but not overripe
Lemon juice
Cinnamon sticks, sliced bananas tossed in lemon juice

METHOD

☐ Lightly flour pork chops and season both sides with salt and pepper.
☐ Melt 2 tablespoons butter in a heavy pan and brown chops on both sides. Remove chops and reserve. Add onions to pan and cook until just golden; add garlic and cook a few minutes more, stirring constantly, as garlic burns easily.
☐ In an ovenproof casserole large enough to hold chops in one layer, spread onion mixture over bottom, add bay leaf, 1 cinnamon stick, and arrange chops on top. Cover chops with tomato slices and season with salt and pepper. Seal casserole with foil or lid and bake in a preheated 300° oven for 1-1¼ hours.
☐ Peel bananas, slice lengthwise, and lightly flour.
☐ In a large pan, melt remaining butter and sauté bananas until golden brown. Lightly toss with lemon juice.
☐ Remove casserole from oven and discard foil. Garnish dish with cinnamon stick and crisscross two bananas over each pork chop. Serves 4. Serve with rice.

Oranges with sabayon

INGREDIENTS

4 large seedless oranges (Thompson)
5 tablespoons sugar plus 1 teaspoon
3 egg yolks

METHOD

☐ Peel 1 orange with a vegetable peeler and cut zest into fine julienne strips.
☐ Peel oranges with a small, sharp-pointed knife over a bowl and remove all the white membrane. Divide oranges into sections, and remove membrane from each section. Squeeze the carcass of oranges into the bowl to extract every drop of juice.
☐ Macerate zest strips, orange sections and juice for ½ hour with 2 tablespoons sugar. Drain and reserve juice.
☐ Place sections and zest strips in ½-cup ramekins. Preheat broiler.
☐ In a bowl add yolks, 3 tablespoons sugar, and reserved juice and beat together. Set bowl over simmering water and beat for 7-8 minutes to form a sabayon. Spoon the foamy sabayon sauce over the oranges and sprinkle each with remaining sugar.
☐ Place ramekins under broiler to form a light golden crust; watch carefully. Serve immediately. Serves 4.

Chicken in a coat of sea salt

INGREDIENTS

1 chicken, 4 pounds, plus its liver
Freshly ground black pepper
4 garlic cloves, unpeeled
1 branch rosemary or ½ teaspoon dried
2 pounds all-purpose flour
1 pound sea salt, or kitchen salt
3 cups water

METHOD

☐ Sprinkle the inside of the chicken with pepper, and add liver, garlic, and rosemary to the cavity.

Continued on page

WE HAVE TO ADMIT, EUROPEANS DO KNOW A LOT ABOUT GOOD WINE.



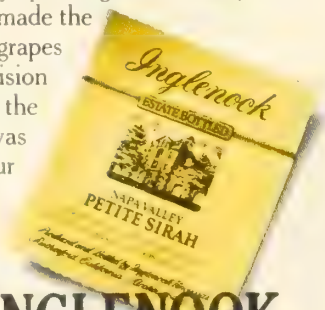
A genuine cork from Inglenook Petite Sirah 1973, gold medal winner at Europe's Le Monde Selection competition.

RECENTLY, AT ONE of Europe's most prestigious wine competitions, Inglenook won the highest honor awarded to an American wine. Our Estate Bottled Napa Valley Petite Sirah 1973 won a gold medal at the 14th Le Monde Selection Wine and Spirits competition.

Obviously, we were greatly honored. But humbly speaking, not too surprised.

You see, Inglenook Estate Bottled Wines are made the only way a truly great wine *can* be made. Our grapes are picked and crushed under the direct supervision of our winemaster. So, even before we entered the competition we knew our '73 Petite Sirah was a winner. (Not to mention, the year before, our '72 won the highest award at the Oenological Institute's Sixth Annual Wine Competition.)

For years we've been saying just how fine a wine Inglenook is. Now the opinion is international.



INGLENOOK

When you toast from the heart, remember, our heart is in it too.

Inglenook Vineyards, Rutherford, Napa Valley, California.



▲ Broccoli with Cheese Sauce



▲ Green Peas and Pearl Onions



▲ Small Onions with Cream Sauce ▼ French Green Beans with Mushrooms



▲ Carrots with Brown Sugar Glaze ▼ Green Peas with Cream Sauce





Birds Eye® Combinations will do almost anything to get your husband's attention.

)es your husband think your vegetables are all alike as peas in a d? Even when you're not serving peas? Then you should be serving n Birds Eye® Combinations.

Birds Eye® Combinations are mixed vegetables, glazed vegetables, getables in a cream sauce, vegetables with almonds—interesting, lorful, exciting vegetables. They're even broccoli and cauliflower in a eat-tasting cheese sauce.

In short, they're vegetables that your husband can't ignore. That's cause Birds Eye® Combinations will catch his passing fancy... e kind that makes him keep on asking you to pass the vegetables er to him.



BIRDS EYE

Birds Eye® Combinations.

The first vegetables your husband might even notice.

ve photographs are approx. 2 times actual size.

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☐ In a large bowl place flour, salt and water and make a paste. Wrap paste around chicken, sealing it completely. Keep hands wet while molding paste on chicken.

☐ Bake for 1¼ hours in a preheated 475° oven on a cookie sheet.

☐ Place chicken on a large platter and break open with handle of a large knife or the back of a large, heavy spoon. (Chicken can wait for 10 minutes outside of oven before serving.)

☐ Do not be alarmed if crust becomes blackened, since it is to be discarded. Serves 4-6.

Frizzy salad

The name comes from the very curly chicory leaves in the salad

INGREDIENTS

1 small head Boston or bibb lettuce
1 small head chicory
1 clove garlic, unpeeled
1 small loaf French bread
Chicken liver from the roasted chicken (see above)
A few sprigs fresh chervil with the leaves removed from the twigs by hand
1 teaspoon Dijon mustard
1¼ teaspoons wine vinegar or lemon juice
Salt and pepper
3 tablespoons olive or walnut oil

METHOD

☐ Wash lettuce in a sink full of water. Running water might bruise the leaves. Dry by vigorously shaking in a salad basket.

☐ Cut off one end of the garlic clove and rub it over the crust of the French bread until the crust seems varnished. Trim off the crust and cut it into small squares.

☐ Dice the chicken liver and put it in a salad bowl with the lettuce, croutons, and chervil.

☐ Mix the mustard, vinegar or lemon juice, and salt and pepper to taste together in a small bowl. Gradually add the oil and stir vigorously.

☐ Just before serving, pour dressing over greens and toss well. Serves 4-6.

Sorbets in tulip-shaped pastry shells

(Lemon, orange and raspberry)

INGREDIENTS FOR LEMON

4 cups water
1½ cups sugar
Lemon juice, freshly squeezed

INGREDIENTS FOR ORANGE

2 cups orange juice, freshly squeezed
Superfine sugar

INGREDIENTS FOR RASPBERRY

1 package frozen raspberries, sieved or 1 pint fresh raspberries, puréed and sieved
Superfine sugar

INGREDIENTS FOR PASTRY

1 cup flour
1 cup superfine sugar
1 cup milk

METHOD FOR LEMON SORBET

☐ Make a syrup of the water and sugar in a heavy pot. Boil together over moderately high heat until syrup spins a thread. Cool.

☐ Mix lemon juice and syrup in equal amounts and pour into an ice-cream freezer and freeze according to manufacturers' instructions, or pour into an ice tray and partially freeze. Remove to bowl and beat until slushy. Refreeze and repeat beating process until sorbet is smooth consistency.

METHOD FOR ORANGE AND RASPBERRY SORBETS

☐ Orange juice and raspberries frequently are sweet enough naturally. If not, just add superfine sugar to taste and freeze as above.

METHOD FOR TULIP PASTRY SHELLS

☐ Put flour, sugar, and milk in a bowl and whisk together well. Let rest 1 hours.

Continued on page 19

Presenting the GE toaster that broils and bakes.



Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters . . . and the pan pops right into the dishwasher for easy cleaning.

It's a great oven.

The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for.



The GE Toast 'N Broil Toast-R-Oven® toaster.

Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. And used together with your big oven, it lets you cook different dishes at different temperatures. Its thermostat controls the temperature from 200° to 500° F.

It's an automatic toaster.

This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23. The T104 and (two-slice) T93B are GE's non-broil models.

Whichever model you choose, once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

TEFLON II

Other items made by General Electric use Du Pont Teflon® non-stick coatings.

GENERAL ELECTRIC

How to cook with flowers.



PICK THE WILDFLOWER™ DECORATION FROM CORNING WARE® COOKWARE.

Our Corning Ware cookware Wildflower decoration turns any recipe into a feast for the eyes.

That's because it's not your everyday garden variety of cookware.

You can take it straight from the freezer, pop it in the oven or onto the burner, and then bring it right to the table as a serving dish.

And you won't have to repaint your kitchen to match, because these cheerful, summery flowers go beautifully with any color scheme.

What's more, Corning Ware cookware thrives in microwave ovens. In fact, it is recommended by most microwave manufacturers. And these flowers will stay bright in the dishwasher, too.

So if you'd like a set of cookware that can take everything you can dish out...and still looks fresh as a daisy...pick some wild flowers. Ours.

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The Char-Broil® Gas Grill



For the Would-be Cook Who's Hapless and Hopeless

We're not talking about you, of course. Just those others out there who have only two preferences over lying down. Sitting and eating. Their knowledge of cooking begins and ends with a knife and fork.

All right. For these guys we have one of the great all-time achievements in the delicious science of gastronomy: A true Do-It-ITSELF gas grill that'll make a professional hero out of an amateur bum.

In other words, do nothing while the Char-Broil smokes a 20-lb. bird, barbecues ribs, spit-cooks a roast, char-broils the steaks. It will even bake bread if you let it.

It's a wonder, this gas grill of Char-Broil's. Maybe you should have one, too. You don't really have to be lazy and lousy, you know. It just helps.

Char-Broil® Gas Grills

Char-Broil Gas Grills come in all kinds of models and sizes, and are made entirely in our own factory. Their quality throughout is incomparable—one good reason why more are sold than any other make. And, because of simplified assembly, when you bring yours home, you can be cooking in ten minutes. Soon cobwebs will form in your kitchen stove, unless you're neat, that is.

Drop us a line and we'll send you a tantalizing cookbook called "Char-Broil Cooking Tips & Recipes", along with the names of the places you can buy one. Just one Char-Broil's all you need, you know, even if you have a prodigiously blessed family.

W.C. BRADLEY Enterprises, Inc.

COLUMBUS, GEORGIA 31904

Cook for French chef
continued from page 192

☐ Oil 1 or more large baking sheets with corn oil or other neutral oil, and lightly flour the sheet. Mark the sheet with 4-inch-diameter circles leaving spaces between.

☐ Spread 1 tablespoon batter very thinly in the circles spreading the batter very evenly with the back of a spoon, and bake in a preheated 400° oven 4-5 minutes until golden. Watch carefully because shells could burn easily. They should be only *very* pale brown. Remove with a large metal spatula. If working alone, do only 2 at once.

☐ Working very quickly, drape each cookie while it is still hot and soft, over individual brioche molds. Clamp a second mold on top of it, and let cool. It will take on the fluted form. You should have 6 brioche molds at least, and a helper would be nice. Speed is essential. Makes about 18-24 pastry shells.

Slimming Mexican meals
continued from page 183

Vodka-wine punch

INGREDIENTS

1 part vodka
1 part white wine
1 part club soda
2 parts ginger ale
Cucumber sticks or slices

METHOD

☐ Mix the vodka and white wine together in a pitcher and chill. Just before serving add the soda and ginger ale and garnish with cucumber.

Seviche of shrimp and scallops

INGREDIENTS

2 pounds bay or larger shrimp, cooked and shelled
1 pound raw bay or sea scallops
1 cup lime juice, freshly squeezed
6 tablespoons red onion, chopped
4 tablespoons parsley, chopped
4 tablespoons cilantro, chopped
2 green canned chilies, finely chopped, or if using fresh, first roast, peel, and seed them
½ cup safflower oil
¾ teaspoon dried oregano
Dash Tabasco sauce
1 teaspoon salt
Ground black pepper to taste
1 avocado, sliced

METHOD

☐ Cut shrimp, if they are large, into thirds, mix with scallops in a serving bowl. If you use large sea scallops, slice or quarter them. Add lime juice, cover, and marinate at room temperature for 1 hour.

Drain, and discard juice. Add remaining ingredients except for the avocado. Toss lightly and chill for at least an hour. Ju before serving, arrange the salad on plat with avocado slices. Serves 12 or mo as an appetizer. 125 calories per pers for 12.

Mexican pancake

INGREDIENTS

8 eggs
1 cup flour
2 cups low-fat milk
1 teaspoon salt
2 tablespoons butter
2 tablespoons oil
1 onion, thinly sliced
3 green canned chilies, coarsley chopped or roast, peel, and seed fresh chilies
4 ounces Neufchâtel cheese, cut in ½-inch cubes
½ can pitted black olives, sliced
Fresh tomato salsa (recipe below)

METHOD

☐ Place eggs, flour, and milk in blender. Add salt and turn blender high speed.

☐ Turn oven on to broil and melt butt in a rectangular baking dish with the When sizzling, add onion and chili Sauté for a few minutes, then sprinl with the Neufchâtel and olives. Pour e mixture over and bake 12 minutes, until it puffs. Reduce heat to 375° a bake 15 more minutes. Serve immediat with fresh salsa. Serves 8–12. 175 ca ries per person based on serving 12.

Fresh tomato salsa

INGREDIENTS

4 tomatoes
3 fresh or canned yellow chilies, seed and with membranes removed or us canned jalapeño chilies
3 scallions
½ bunch cilantro
Salt to taste

METHOD

☐ Put all ingredients in a food proces and blend until finely chopped. Or fin chop all ingredients by hand and mix i bowl. Refrigerate and serve cold or room temperature. Serves 8-12. 20 ca ries per person based on serving 12.

Mexican salad

INGREDIENTS

1 large cucumber, peeled and sliced
2 bell peppers, sliced into strips
2 scallions, chopped
Romaine lettuce
4 navel oranges, peeled and sliced crosswise
½ cup Mexican dressing (recipe below)
2 tablespoons cilantro, chopped

METHOD

☐ Prepare the vegetables and make bed on a large serving plate of the

Continued on page

Fresh from California.

Bright La Salle Rosé and California Strawberries.

La Salle Rosé is from The Christian Brothers, and it's one rosé wine that will brighten up lunches, picnics and dinner.

And, La Salle Rosé can be served chilled, iced, or mixed, which is why it's so delicious with California's other wonderful fruit, strawberries.

So, enjoy La Salle Rosé and strawberries together. Just place a strawberry in a glass of chilled La Salle Rosé, and discover a taste fresh from California.

Or, enjoy Frozen Strawberry La Salle for dessert. Just boil (for 3 minutes) 1 cup of sugar and 1/2 cup of water, stirring until dissolved. Add 1 pint of coarsely crushed California Strawberries, the juice and grated rind of a lemon, and 1 bottle of La Salle Rosé. Freeze in a quart container, or as ice cubes. And enjoy a bright dessert.

Then, there's the bright taste of a La Salle Rosé/Strawberry Cooler. A glass of La Salle Rosé, some California Strawberries, ice and a splash of soda.

Or brighten up strawberries and ice cream. Just pour bright La Salle Rosé over each serving.

So discover what's fresh from California. It's the bright kind of rosé wine. La Salle Rosé. And enjoy it with California Strawberries.



From The Christian Brothers of California.

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Slimming Mexican meals
continued from page 194

maine. Arrange the cucumber, peppers, and oranges on top and scatter the scallions over. Pour dressing on the salad, then garnish with chopped cilantro. Serves 8-12. 30 calories per serving for 12 people.

Mexican dressing

INGREDIENTS

1 tablespoon lemon juice
2 tablespoons mayonnaise
4 tablespoons safflower oil
1 clove garlic, pressed
½ teaspoon salt
Freshly ground black pepper

METHOD

☐ Mix all ingredients with a whisk in a small bowl until creamy. Can be made the day before. About ½ cup dressing, serves 8–12. 50 calories per person based on 12.

Guava paste and Monterey Jack cheese

INGREDIENTS

1-pound can guava paste
1 pound Monterey Jack cheese
Mint leaves

METHOD

☐ Cut guava paste and cheese into large thin slices. Stack them in alternate layers, then cut into slices vertically. Garnish with a mint leaf. Serves 12. 100 calories for 2 pieces. ■

Gazpacho in Ireland
continued from page 179

White gazpacho

(See Wine & Food cover)

INGREDIENTS

2 cups milk
2 chicken bouillon cubes
1 large onion, sliced
4 small cloves garlic, sliced
2 tablespoons olive oil
1 tablespoon white wine vinegar
Sea salt, coarsely ground pepper to taste
1 cup light cream or plain yogurt
Fresh mint or parsley, chopped
1 cup ripe tomatoes, peeled and chopped
1 cucumber, chopped
1 medium onion, coarsely chopped
1 hard-boiled egg, finely chopped
2 slices white bread without crusts, cut into cubes and fried in butter for croutons
1 red pepper, chopped

METHOD

☐ In a saucepan heat milk and dissolve bouillon cubes. Allow mixture to cool.
☐ Put onion, garlic, olive oil, vinegar, salt, pepper, to taste, and the seasoned milk in a blender and blend until smooth. Do this in several batches. Chill well and before serving add the cream and stir.
☐ Float fresh mint or parsley in the soup and serve with small bowls of tomato, cucumber, onion, egg, toasted croutons, red pepper to sprinkle on top. Makes about 2 quarts.

Kedgeree

INGREDIENTS

1 cup raw rice, cooked
½ pound smoked haddock, or steamed cod with the bones and skin removed, flaked
Salt and pepper to taste
2 hard-boiled eggs, chopped
1 cup heavy cream
Sliced hard-boiled egg
Fresh parsley, chopped

METHOD

☐ Mix cooked rice and fish together and season with salt and pepper to taste. Heat until mixture is very hot, stirring constantly.
☐ Just before serving, stir in the chopped eggs and cream and heat through thoroughly. Garnish with sliced hard-boiled egg and parsley. Serves 4.

Boiled chicken and vegetables

INGREDIENTS

1 plump chicken, about 3-4 pounds
6 young onions, greens still attached
4 cloves garlic, peeled
Sea salt and freshly ground black pepper
6 young carrots, whole
½ pound fresh green beans or 1 10-ounce frozen package, defrosted
12 small Brussels sprouts
2 cucumbers, peeled, and cut into olive shapes
6 small potatoes, peeled
Fresh chives, chopped
1 cup béchamel sauce with chopped parsley (optional)

METHOD

☐ Put the chicken in a large pot and nearly cover with water. Add onions, garlic, salt and pepper to taste. Bring to a boil and simmer ¾ hour. Skim the surface as chicken cooks to remove scum and foam.
☐ Add carrots, and fresh beans and continue to simmer 15 minutes. Add Brussels sprouts and frozen beans, if you are using them, and cook until vegetables are al dente. Add the cucumber olives at the very end to poach only for 1-2 minutes. Boil the potatoes separately until they are tender.
☐ Remove chicken from broth and arrange in the center of a large platter. Coat chicken with chives, and pass the béchamel sauce separately. Remove vegetables with a slotted spoon and arrange them around the chicken. Discard garlic. Serves 4-6.

Mary Moore's chocolate brandy cake

INGREDIENTS

½ pound Carr's wheatmeal biscuits
½ pound Maillard's sweet chocolate
½ pound butter
2 eggs
6 tablespoons sugar
2 ounces almonds, blanched and toasted
Small glass brandy or rum, about 4 tablespoons
Whole, blanched almonds
Whipped cream

METHOD

☐ Crush biscuits very coarsely with a roll ing pin and reserve. Melt the chocolate an butter in a heavy pan over very low heat
☐ In a bowl beat the eggs and suga together and beat in the chocolate/butte mixture until creamy.
☐ Chop almonds coarsely, and fold int the batter. Add the brandy or rum an the crushed biscuits and pour batter int an 8-inch spring-form pan that has bee well-greased and lined with buttered wa paper. Batter should be about 1½ inche deep. You could also make the cak smaller for more height.
☐ Store cake in the refrigerator ove night. Before serving, unmold and dec rate with whole, blanched almonds. Serv small slices with whipped cream. Serves 8

Lemon syllabub

INGREDIENTS

1 cup heavy cream
Juice and finely grated zest of 2 small lemons
3 tablespoons white wine
5 teaspoons sugar
1 egg white
Yellow nasturtiums

METHOD

☐ Whip the cream in a large bowl unt very stiff. Stir in the lemon juice and zes wine, and sugar.
☐ Beat the egg white until stiff in anothe small bowl and fold into the cream. Co in the refrigerator several hours befo serving. Serves 4-6. Garnish with yello nasturtiums, if desired.

Orange syllabub

INGREDIENTS

1 cup heavy cream
Juice and zest of 2 small oranges, finely grated
Juice and zest of 1 lemon, finely grated
3 teaspoons sugar
Nasturtium flowers

METHOD

☐ Beat the cream in a large bowl un very stiff. Stir in the orange and lemo juice and zest, and sugar. Cool in refrige ator several hours before serving. Serv 4. Garnish with nasturtium flowers. ■

When you sell millions of microwave ovens around the world, you know what people want in a microwave oven.



Our parent company has sold over 2.5 million microwave ovens. And everything we learned from them went into the design of Panasonic's microwave oven, the NE-7900. That's why we think it has everything you could want in a microwave oven:

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For a copy of the recipes pictured in this ad and other international recipes, ask for your booklet "International Recipes" at your Panasonic microwave Oven Dealer.

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*Panasonic gives you a limited warranty which covers all parts except lamps, glass and plastic items, temperature probe (probe comes only with models NE-7800 and NE-7900), and oven interior and exterior finishes. It covers related labor for five years in the event of a manufacturing defect. The warranty includes replacement of the magnetron tube. Carry-in service is free at any Panasonic Servicemax. In-home service is also available, but you are responsible for any service call charge.

INGREDIENTS FOR ZABAGLIONE SAUCE
8 egg yolks
¼ cup sugar
1 cup Marsala
2 tablespoons brandy
1 tablespoon water

METHOD FOR COOKING PEARS
☐ Peel pears and cut off slice at the bottom so they will stand up. Cook the pears until tender in a large pot with enough water to cover with the lemon and sugar. Keep the water at a simmer; do not boil. Drain, and chill pears in refrigerator for several hours, or overnight.

METHOD FOR ZABAGLIONE SAUCE
☐ Combine yolks with sugar in top of a double boiler. Beat well with a rotary beater or wire whisk. Add wine, brandy and water, and beat well. Place over hot water and continue beating until mixture thickens. Remove from heat and chill.
☐ To serve, place pears in stemmed goblets or individual glass serving dishes, if possible. Spoon over sauce and decorate with a green leaf at stems. Serves 8.

Red plum compote

INGREDIENTS
⅔ cup sugar
1 cup dry white wine
1 cup water
4 whole cloves
3-inch piece stick cinnamon
Zest of ½ lemon
18 firm, ripe, red plums, stemmed and rinsed

METHOD
☐ Combine sugar, wine, water, cloves, cinnamon, and lemon zest in a saucepan large enough to hold the plums as well. Bring to a boil and cook, uncovered, 5 minutes.
☐ Add plums and return mixture to a boil; lower heat and simmer 10-20 minutes, depending on their ripeness, until they are tender but still hold their shape.
☐ Some plums will be ready before others. Remove them as they are. Then, when all are cooked, remove pot from heat, return all the plums to the syrup and cool. Chill plums in syrup. This is excellent served plain or over vanilla ice cream. Serves 6.

Spoom

INGREDIENTS
1 cup sugar
½ cup water
4 egg whites
1 quart lemon sherbet or ice, softened
Dry red or rosé wine, or champagne
6 large strawberries (optional)

Continued on page 20



HOW TO ENJOY OUTDOOR LIVING THE CHARMGLOW WAY.

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Fresh fruit desserts
continued from page 198

METHOD

☐ Combine sugar and water in a heavy pot and cook over high heat until mixture reaches 238° on a candy thermometer (soft-ball stage). Beat the whites until very stiff in a large bowl. While syrup is still hot, pour it in a thin thread very slowly over beaten whites, beating vigorously all the time.

☐ Combine meringue with sherbet and spoon into champagne or other stemmed glasses or in individual small dishes, filling the glass ¾ full. Freeze. This will keep for a week or so.

When ready to serve, lace each serving with wine, top with a strawberry, and serve immediately. Serves 6.

Strawberry sorbet, or mousse

INGREDIENTS

3 pints strawberries, hulled and cleaned
2 cups sugar
Juice of 3 lemons
Juice of 3 oranges
½ cup Grand Marnier
1 egg white, stiffly beaten
½ cup heavy cream, whipped stiff

METHOD

☐ Combine strawberries with sugar and fruit juices in a blender and blend until smooth. Add Grand Marnier and pour into ice-cube trays. Freeze until mixture is partially frozen. Transfer to a large bowl and beat until mushy. Return to trays and freeze until firm. To serve, leave in refrigerator about 45 minutes before serving.

To make the sorbet into a mousse: After mixture is partially frozen, beat until mushy. Fold in the egg white and whipped cream. Follow remaining directions.

Or follow directions through first freezing and make several days ahead. Freeze until firm. Two hours before serving, allow to sit at room temperature 15-20 minutes. Then beat in blender until mushy and continue with directions. Serves 12.

Orange ices

INGREDIENTS

1 quart orange sherbet, softened
2 teaspoons lemon zest, freshly grated
2 tablespoons lemon juice, freshly squeezed
¾ cup dry sherry, chilled
½ pint heavy cream, whipped
Fruit or mint leaves for garnish

METHOD

☐ Place sherbet in a bowl with lemon zest and juice. Beat until creamy while gradually adding chilled sherry. Pour or spoon immediately into stemmed chilled glasses. Top with whipped cream, garnish as desired. Serve with straws. Serves 6.

Lemon ice with wine

INGREDIENTS

6 generous scoops lemon ice or lemon sherbet
½ cup white wine
2½-3 tablespoons Grand Marnier

METHOD

☐ Spoon the sherbet into individual serving dishes, preferably glass stemware. Combine the wine and Grand Marnier and pour over the ice just before serving. Serves 6. ■

Meal in minutes
continued from page 174

☐ Season with salt and pepper and add the wine. Cook for about 5 minutes or until about ½ the wine has evaporated. Sprinkle the scallions or leeks over the top of the chicken. Cover tightly and cook over low to medium heat for about 10 minutes, or until tender. Check the liquid occasionally; if necessary, add a little more wine to prevent sticking. There should be about 1-2 tablespoons of sauce for each chicken piece in finished dish.

☐ At serving time, sprinkle the grated lemon zest over the chicken and serve very hot. Serves 4-6.

Note: This recipe can also be made with chicken pieces or unboned breasts.

Rice with peas

(Risotto and peas)
One of Venice's most famous dishes.

INGREDIENTS

½ cup butter
1 medium onion, minced
¼ cup prosciutto or smoked ham, minced
1½ cups Arborio or long grain Carolina rice
3½-4 cups hot chicken bouillon
4 cups fresh or frozen peas, shelled or thawed
Salt, freshly ground pepper
⅔ cup Parmesan cheese, freshly grated

METHOD

☐ Heat the butter in a heavy saucepan. Add the onion and prosciutto or smoked ham. Cook over medium heat, stirring constantly, until the onion is soft but still white. Add the rice. Cook over medium heat, stirring all the time, until rice is translucent.

☐ Add the chicken bouillon by the ½ cupful, stirring all the time from the bottom up, letting the rice absorb each ½ cup before adding the next. When rice is three-quarters done (about 15 minutes), stir in the peas. Season lightly with salt and pepper since the bouillon may be salty. Stir in the Parmesan cheese just before serving. Serves 4-6. ■

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Garden to enjoy
continued from page 145

Curry mustard pickles

INGREDIENTS

2 pounds summer squash or zucchini, cut into ½- to ¾-inch-thick slices (at least 4 cups)
½ cup kosher salt
½ cup sugar
1½ cups white vinegar
3 tablespoons dry mustard
1 tablespoon ground ginger
1 tablespoon curry powder
6 peppercorns

METHOD

☐ Layer squash and salt in a bowl, cove with a towel, and let rest overnight. Drai and rinse with cold water and transfer t a heavy kettle.

☐ In a saucepan combine the sugar, vine gar, mustard, ginger, curry powder, an peppercorns. Bring to a boil and boil minutes. Pour over the squash and coo 5 minutes or less—just until squash tender but not mushy. Spoon into ho sterilized jars and seal. Makes about pints.

Quince chutney

INGREDIENTS

1 large onion, sliced, about 1 pound
2 pounds quince, peeled, cored, and diced
2 pounds apples, peeled, cored, and sliced
2 pounds seedless raisins
1 teaspoon ground mace
1 teaspoon cinnamon
1 teaspoon ground cloves
2 tablespoons ground ginger
½ teaspoon red pepper
4 cloves garlic, minced
2 ounces salt
2 quarts cider vinegar
4 pounds sugar
½-1 pound candied ginger, diced

METHOD

☐ Combine all ingredients in a huge pot bring to a boil, and cook slowly 3 hours After 1 hour of cooking, stir frequently to prevent mixture from sticking to the bot tom of the pan.

☐ Ladle into hot, sterilized jars while ho and seal with paraffin, or pack in vacuum jars. It will keep for years. Makes about 12 pints. The recipe can easily be cut in half.

Raspberry shrub

INGREDIENTS

Fresh raspberries, at least 1 quart, preferably 3 or 4
Distilled white vinegar or cider vinegar
Sugar

Continued on page 202



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To judge a fine white wine—Pinot Chardonnay, for example—start by checking its color. It should be clear and bright with a light straw to pale gold tint. Its fragrance should be fresh and assertive. And its taste—full, crisp and complex.

Above all, remember that a fine Pinot Chardonnay wine always begins with the finest Pinot Chardonnay grapes. So look for a wine produced in one of the world's great wine growing regions—such as Almadén's California vineyards.

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ALMADÉN

PINOT CHARDONNAY

I suppose it could have been hamburger and potato chips, but a blend of two rices with different herbs and seasonings made it a meal.



What a success.



original . . . or fast cooking

continued from page 200

METHOD

☐ Cover the bottom of an enamel dishpan or other enamel pan with the raspberries. Add enough vinegar—the distilled white vinegar gives a purer raspberry flavor—to cover the raspberries. Cover with a towel and let rest up to 48 hours at room temperature. Halfway through, mash a bit.

☐ Strain liquid thoroughly through cheesecloth and measure the resulting liquid. Add an equal amount of sugar to the juice in a large enamel saucepan and bring to a boil. Cook 30 minutes or until it thickens to a nice syrup consistency. Pour into 1-pint Mason jars and seal.

☐ Use 2-3 tablespoons in ice water to make a heavenly summer drink, or pour over ice cream.

Strawberry honey

INGREDIENTS

3-4 quarts fully ripe strawberries
¼ cup plus 2 tablespoons lemon juice, freshly squeezed
4½ pounds sugar
1 full bottle Certo

METHOD

☐ Crush the berries, or pop them in food processor for a quick off/on turn. Sieve or strain to remove seeds and measure. You must have just under 6 cups. Add the lemon juice—1 tablespoon juice to each cup strawberry pulp to make fruit and lemon equal 6 cups.

☐ Put fruit mixture in a large nonaluminum pot, add the sugar, and bring to a boil over high heat. Boil hard 1 minute, stirring constantly. Remove from heat and stir in Certo. Skim foam off top, pour into jelly jars, and seal with paraffin right away. Do it in 2 layers—1 thin coat, let harden. Lay piece of string across jar so it's touching first coat. Add second coat and roll glass at a tilt to get a good seal. The string makes it easier to lift off the paraffin seal. Makes about 12-18 jelly jars.

Fresh mint jelly

INGREDIENTS

2 cups fresh mint, washed and packed firmly, leaves and stems
2¼ cups water or apple juice
Juice of 1 lemon
1½ pounds sugar
½ bottle Certo
Green food coloring (optional)

METHOD

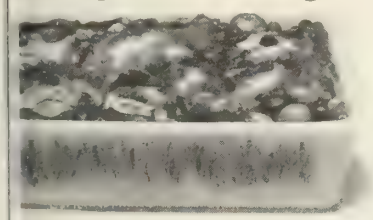
☐ Put the mint leaves and stems in a large saucepan and crush with a jar o masher. Add the water or juice and brin to a boil quickly. Remove from heat, cover and let stand 10 minutes. Strain an measure resulting infusion; you shoul have 1¾ cups.

Continued on page 20



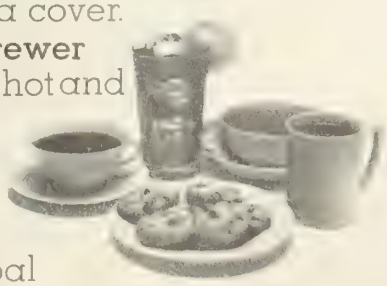
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Garden to enjoy
continued from page 202

☐ Pour infusion into another large pot and add lemon juice and sugar and bring to a boil over high heat, stirring constantly. As soon as it boils, add the Certo and food coloring, if desired. Boil hard 1 minute and remove from heat. Skim and pour into jelly glasses and seal with paraffin. Makes 6-8 jelly jars.

☐ Use any remaining infusion with a little sugar and soda to flavor summer drinks.

Apricot jam

INGREDIENTS

½ pound dried apricots
2 cups water
Pulp of 1 orange
Zest of ¼ of an orange
3 cups sugar
½ teaspoon almond extract
⅛ teaspoon salt
½ bottle Certo

METHOD

☐ Wash and drain apricots. Put in a bowl, cover with the water, and let stand overnight. Transfer to a pot and bring to a boil. Cover and simmer ½ hour.

☐ Chop the orange pulp, zest, and apricots coarsely and put in a measuring cup. Add water, if necessary, to make 2 cups and return to pot. Add the sugar, stir and return to a boil. Add almond extract and salt. Boil hard for 1 minute while stirring. Remove from heat, add Certo, skim, and pour into hot sterilized glasses. Makes about 4-6 jelly glasses.

Currant jelly

INGREDIENTS

About 4 pounds fully ripe, red currants
3 pounds sugar
½ bottle Certo

METHOD

☐ Wash currants, but don't stem them. Put in a large pot and crush them well with a heavy glass. Add 1 cup water and bring to a boil over high heat. Simmer, covered, 10 minutes.

☐ Drip mixture through a jelly bag into a large bowl. There must be 5 cups.

☐ Pour the juice into a large kettle and add sugar. Bring to a full boil while stirring. Stir in Certo, bring to a full boil again and boil hard 1 minute while stirring. Remove from heat, skim, and pour into jelly glasses and seal. Makes about 12 jelly jars.

Green tomato pepper relish

INGREDIENTS

1 gallon green tomatoes
2 large onions
4 large green peppers, seeded
2 large red peppers, seeded
½ cup salt
1 teaspoon mixed pickling spices
3 cups vinegar
1 cup water
2 cups sugar

METHOD

☐ Wash, chop, and mix the vegetables in a large bowl with the salt. Let stand several hours or overnight.

☐ Drain and discard liquid. Tie the pickling spices in cheesecloth and put in a large kettle with the vegetables, vinegar, water, and sugar. Bring to a boil and simmer 30 minutes. Ladle while hot into hot, sterilized jars and seal. Makes about 12 pints. ■

Manuscripts

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Personal house *continued from page 158*

nternal values. A value is something that atisfies us. What interests us is a value and vhat we value we are likely to need. And one of our needs is to make ourselves as omfortable in the world as we possibly an. The reason so many of us go to live in a varm climate is to make ourselves physically comfortable. Then we sometimes find ourselves spiritually uncomfortable because ther needs or values are not satisfied.

It's interesting to see how many people re doing more and more to enlarge or emodel their houses. The average American spends a lot of time doing this, in this o-it-yourself age. Men, especially, derive leasure in doing a house over themselves. 've seen some very elaborate workshops nat almost look like factories because of ne complicated tools. It's taken for granted nat women take pride in their houses, but nen also take great pride in improving their ouses. And I know a great many intellectual men who rejoice in this. It's a better orm of relaxation for them than playing olf or tennis. Don't forget children who, nce they are capable of getting around, njoy doing the work their fathers are doing nd as they grow older, boys particularly, ssist their fathers in a very real way and nereby contribute to the bonding that takes lace between fathers and sons.

A husband and wife involved together in ne making of a house come much closer ogether. And it's not a new thing, though recent history perhaps there's been more of a tendency to move on rather than to stay, but there seems to be a trend now to stay put when possible. What is new is that women are now freer to do things in the house that were normally considered masculine activities and men are freer to do the things that were considered feminine. The significance of having both men and women active in their houses is that they are involved together socially rather than going off from one another in isolated directions. What they're doing affords an important means of social interaction which is the only way we can really be in touch with other people. That's the source of happiness and satisfaction that we get from improving our houses. We are certainly happier when we have an extra room that we wanted and needed, but the participation required to achieve the new room is what really makes us happy.

My wife and I have had so many opportunities to see this happen. To this day when we drive past an old farm which is falling to pieces, we say 'Well there's a house for us. We should buy it and fix it up.' We have done that to large houses and small houses. Our present house, which I bought without even coming inside because of some bookshelves that I saw through the window, has small rooms which we have come to prefer because there is the feeling that small rooms fondle you. It's what the Germans mean by Gemütlich. In some other houses we literally had to hack our way to the front door with a machete. We always took houses that we thought attractive in no matter what state of demolition we found them and tried to put them together again without doing violence either to the original or the existing structure. We made a game of having things cost as little as possible. I used a minimum of tools: a saw, hammer, nails. We got emotionally involved in all our houses and didn't want to leave them as we had to do from time to time when I went to another university. It is very rewarding to work on a house and see the results. It can also be frustrating. But the process of being involved makes everything worthwhile. And it is certainly true that a house that has been made over, added onto, or adapted is more unique than any all-new house might be. Houses are always more original as they are changed and adapted.

But you can carry things too far. There is a side of the need for change or newness that is understandable. Sometimes we do need a change of scene. So we move or change the curtains even though they weren't worn out. That's harmless. But when you are consistently compelled to make lots of changes in your house you should remember that having a wonderful house that has *everything* in it, is no substitute for a house with the right atmosphere. All human beings are born to be loved and to love; it is our central purpose and need in life. In 1599, George Chapman, a friend of Shakespeare's, wrote a play *All Fools* in which a character is made to say: "I tell thee love is nature's second sun causing a spring of virtues where it shines." That line is a most beautiful exposition of what love is. ■

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continued from page 136

much as possible, we knew it could work. I provide the basic business know-how, Sandi and Gary the creative talent.

"And we're also planning ahead. My brother Christopher, an architect, and his wife already live on Nantucket, and Sandi's sister Pamela recently married a laywer and they are moving to Nantucket from New York City. When we retire to the island some day we want an established business, which can keep us involved. And from my retailing experience I feel strongly that there is an increased awareness of homefurnishings, what you live with, what you have around you."

Raised in an 1800 house in Belchertown, Mass., and educated as a history major at Williams College, Hud Holland went to work after graduation for J.L. Hudson in Detroit. "Sandi and I were married in 1963, and I brought her from Long Island to Michigan. The house we moved into was the only one we found resembling a New England house. We always had Nantucket in mind," he says. "We later bought a summer cottage, 'Willow Harp,' at 'Sconset on Nantucket and lived there five years before moving into town. It was a big step, but we've never regretted it."

Their present house in town, a fine Nantucket design with the rooms around a central fireplace, has the shop on the first floor, and over the shop the Hollands live with their two sons, Hud, 11, and John, 8. All the rooms have a flow. And occasionally the customers flow, too. Sometimes into the master bedroom. "They usually leave immediately," laughs Sandi Holland, "or I give them a tour.

"What we really have, I guess, is a public house with a private life," says Sandi. "I thought about this when we looked at houses. I knew we would want to stretch ourselves once in awhile. We have adequate living space, but when there are special occasions and we want to reach wider, there is the shop. We had a lovely dinner party for my parents there. Great big Flemish bouquets on the pine table, local lobsters. Very convenient, as there is a small first-floor kitchen. During shop time we use this kitchen to display brass and copper. And our guest room is on the first floor too. Having the beds there is a wonderful way to show our collection of quilts."

Sandi Holland and the boys come to Nantucket in early June and stay as long as possible. Hud Holland commutes and takes his holiday there. And all through the year, there are long weekends on island. Gray Knight lives on island year-round and runs the shop, except for six winter weeks of antique buying in Britain.

"It's a breath of fresh air for me, coming to Nantucket," says 33-year-old Sandi Holland. "Married so young—was just 19—I reached a point where was tired of volunteer work. I still d some, but I wanted something else, some thing to get my creative juices going. constantly enjoy this shop. I work thre or four days a week, but still have tim to take the boys to the beach, be wit friends. I'm always meeting new peopl learning. It's a different kind of challeng for Hud. He has to scale down his thinl ing to a different size-level."

"Yes, the concept of a small shop quite a change for me," adds Hud Ho land, who is 38. "I enjoy the dialogu with designers like Billy Baldwin, st dents who come in to see what we' done architecturally, and some ve knowledgeable customers. They are teaching us so much. What I had learne before was from a dealer in Michig and growing up with antiques.

"Living over the shop is terrific," says emphatically. "You develop identity and feeling for the shop a clients that you just don't get by locki the door and walking out at the end the day. It helps you keep your pulse the business. I'm proud of it, not emba rassed. More people should do it if th can. It's certainly more economical, a much simpler." Son Hud likes the a rangement, too. "It's nice," he sa "Normally my Dad has to go downtow but on Nantucket he just goes dow stairs."

"And we still have our privacy," co tinues Mr. Holland. "We limit the sh hours, from 10 to 5, and as we ha several entrances, you can go direc to the house or the shop as you wi When I'm there, I sell, polish furnitu do paper work, repair broken d hinges. It has given us all new insigh We're closer as a family, the boys se to be more aware, more sensitive to otl people.

"We didn't do anything structural the house. We didn't change, add, or s tract a wall. We did open up all the fi places, and spent most of the mo stripping down beams, paneling, floors. John Elwell, a craftsman on island, did the work, my brother desig our kitchen, and the garden, desig with the help of Russell Pope, is San domain. We finally bought the hous October, 1974, and it took us n months to open in July, 1975."

Juggling lifestyles seems to ag thoroughly with the Hollands. "I th we learn something from each, to giv the other," says Sandi Holland. "Det is more demanding, has more requ ments for all of us. Nantucket is fr with an easier, more relaxed pace. I l walking every day to Main Street to open farm trucks, so crowded with co ful flowers and vegetables that they l like mosaics, and in the early eve wandering around looking at the houses. It's endless pleasure, there ar many of them." ■

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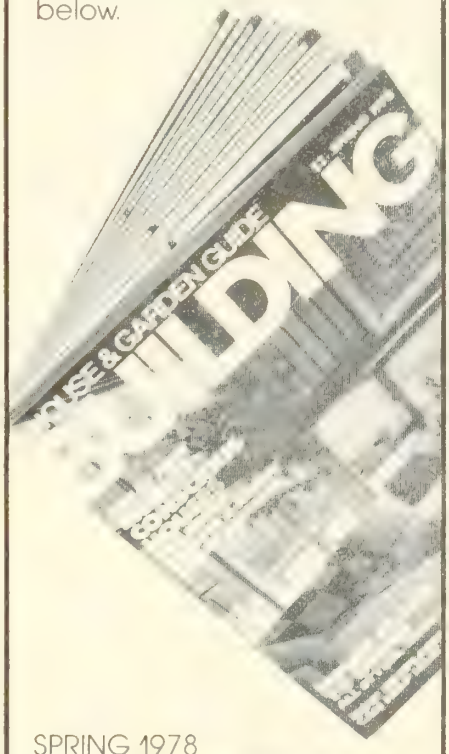
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The private party
continued from page 159

drink hard cider and spin my spit and, on the whole, would prefer to be in South Texas.

They will, of course, devour the pig, and paddle the canoe, and frighten the frogs. But they won't talk to me, because I have murdered the pig. They will, instead, write poems about how bad they feel about pigs and history. I quote Yeats: "Magical unicorns bear ladies on their backs." Or: "Nothing but grip of claw, and the eye's complacency,/The innumerable clanging wings that have put out the moon." They glide on ego; their oar is an affront.

I would have been forgiven for tacos.

Once upon a time I went to a Happy-Birthday-Shakespeare party. We were obliged to come costumed as one of the characters in one of the plays. I wore leaves of lettuce, fixed to my sleeve with a rubber band. "I am a Caesar salad," I explained, "the noblest romaine of them all." I was, as usual, disdained.

In Southern California, they put gin in a spit bucket—having whispered *vermouth* at it so as not to bruise—and leave it in the deep freeze. Thus one will fall upon his Martini like a sword, and, standing knee-deep in oleander bushes, watching patties of ground meat being charred on a tripodally supported steel pyx, in a colored apron scriven with hortatory insignia, muttering around the burning bowl an anamnesis unintelligible to anyone but pigs and mariachi bands, one will fail to understand any language talked at one, will menace the freeways afterwards, and might as well have been licking a lollipop of ethyl alcohol. "Yet would be now, could I but have my wish," said Yeats, "Colder and dumber and deafer than a fish."

I live now in Manhattan. This is the way we tend to party: One is called, and goes at the appointed hour, expecting an unlacing of the mind among loose friends. Off with the boots of duty! Let us talk small, gnaw chicken, and risk a giggle. One arrives, to be greeted by a servant rented for the evening from a bat cave in surprising Queens. He will fetch you a drink or an omelette. You know, then, that this is a serious party, teeming with aggressive gnomes who foam with opinions on psychoanalysis, astrology, or bionic gardening.

Worse: celebrities glower. As if behind sandwich boards advertising their own famous names, they sit on sullen stools. It is wall-to-wall pout. See the famous TV anchorman, the famous magazine editor, the famous newspaper columnist, the famous courtesan. There are several novels, a Broadway play, half a Cabinet, two banks, one football team, a jazz musician, and an Indian intellectual. They are waiting for themselves, for the reviews, for Lefty and Godot, for an energizing principle, for a curfew.

There are too many celebrities and enough sycophants. Such a discrepancy be hard on the husbands and wives of illuminati. Somebody *has* to grovel sigh. Somebody has to be shouldered as so that oaks may huddle before they felled. This is more than serious. Thi power, baby. This is the sort of party wh you have to decide whether you are imp tant enough to wait for the other fellow say hello to you, or whether you have to hello to the other fellow first. What a tr

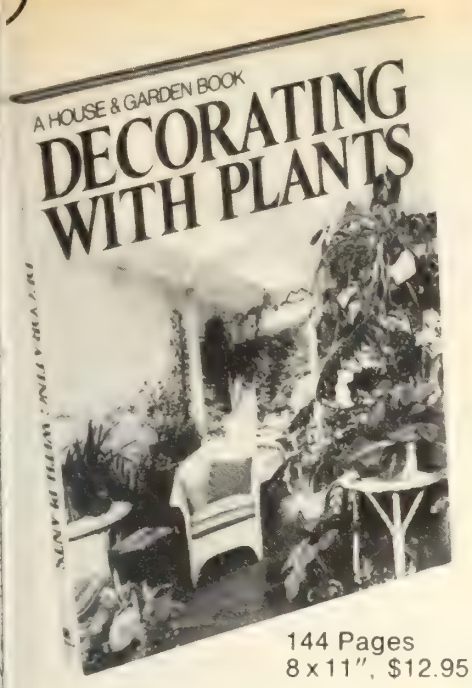
What a trial, too, to be one of th intimidating personalities, to be expec always to perform: a Norman Mailer, inflation of cunning, a blimp of ego, tended, goitered, on call—to have to inv yourself while they're eating anchovies. beast of the wilderness, bird of the a asked Yeats, "Must I endure your amor cries?" Swollen, you bruise easily. You a machine for producing punch lines. Ther no wisdom; there are only mariachi bar

Listen: We wage now guerilla wart against the conventions of sociability. strike by telephone. Six friends, at the m are summoned to our cave on the basis no principle other than a suspicion that would enjoy their company. One friend fact, will do nicely. Let us loll in anecd or weep for the hell of it, and eat ta instead of hearts. According to Ye "How but in custom and ceremony/ innocence and beauty born?" But kee small, and giggly, and infamous, i kitchen or a garden. No theatre, diplomacy, no political campaigning, police. Just listening. ■

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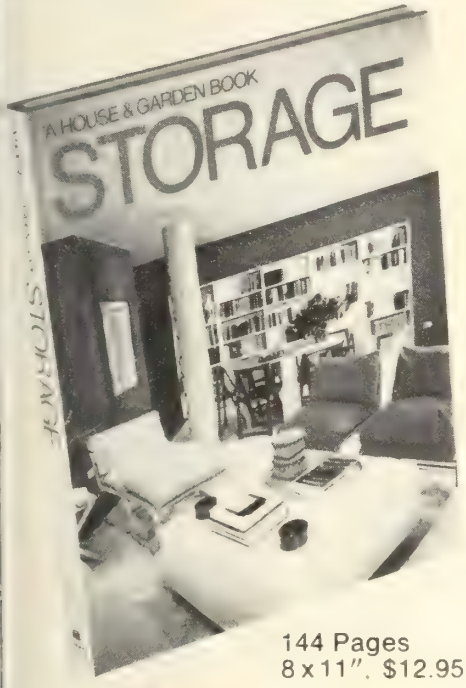
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COVER
Sofa: 84″ x 36″ x 27″ h. $1,090 COM. **Armless chairs:** 25″ x 31″ x 31″ h. $591 COM. **Brass-finished lamps:** Adjustable height. $59 each. All at W & J Sloane, 10018.
"The Palm" armchair: 24″ x 21″ x 40½″ h. Carved beechwood frame (custom painted by Luis Molina). $570 COM. From House of Alfino*, 10022.
Lacquered cocktail table: 35¼″ x 35¼″ x 16″ h. Wooden frame. Polyurethane finish. $1,100. From Linea Plus*, 10022.
Fabrics: On Sofa: "Cherokee" linen and cotton. 54″ wide, 8″ repeat. **On chairs:** "Sailaway" cotton sailcloth: 54″ wide. Both from Quadrille*, 10022.
On cocktail table: Red-lacquered tray and bowls, blue and white porcelain platter, Chinese porcelain "fruit of happiness": All from John Rosselli Antiques*, 10021. **Lacquered batik boxes:** 9½″ x 7½″ x 3″ h., $90, 4½″ x 6½″ x 2″ h., $65. By mail, from Hans Mayr, % Horst, 166 E. 63rd St., N.Y.C. 10021. **Glazed porcelain crocus pot:** 7″ h., $450. At J. Garvin Mecking, 10021.
Painting: "Sky Drawing #22" gouache on paper by Eliza Moore, 1976. At Betty Parsons Gallery, 10019.
On mantel: Chinese porcelain jars: From John Rosselli Antiques*, 10021. **"Terra Firma" hand-thrown terra-cotta flowerpots:** 6″-22″ d., $12-$145. At Mädderlake, 10021.
On round side table: Chinese porcelain jar: From John Rosselli Antiques*, 10021. **Steel and brass fire tools:** $450. At Danny Alessandro, 10021.
Artist: Luis Molina, 421 E. 73rd St., New York, N.Y. 10021.

WINDOW TREATMENT
Page 155, top
Large picture
Antique Windsor chair: $595. **Reproduction sea chest (under window):** $350. **Antique mahogany round pedestal table:** $395. **Haitian painted box (on desk):** $40. All at W & J Sloane, 10018.
Pottery crock: $85. **Shore bird decoy (on table):** $385. Both at America Hurrah Antiques, 10021.
Fabric for Dutch door and inner curtains: Embroidered polyester and cotton batiste: 47″ wide. From Henry Cassen*, 10022.
Outer curtain fabric: "Kitty" cotton drill: 48″ wide. 30″ repeat. $19.50 a yd. From Hinson*, 10022.
Ceramic lamp: 21½″ h. Linen over styrene shade. $35. By Mar-Kel Lighting. At Altman's, 10016; Hudson's, Detroit 48226.
Small picture, left
Love seat: 63½″ x 39″ x 32½″ h. Yellow linen upholstery #2-6720. $1,090. By Harden Furniture. **Cherry pedestal table (left of love seat):** 30″ h. $129. **Red-lacquered Tansu chest:** $195. **Antique oak lowboy (right of love seat):** $929. **Haitian box (on lowboy):** $40. **Blue enamel dish (on checkerboard table):** $59. All at W & J Sloane, 10018.
Checkerboard table (in front of love seat): $285. **Spongeware pitcher (filled with sunflowers):** $65. **Red child's chair:** $20. All at America Hurrah Antiques, 10021.
Antique durrie rug: From Patterson, Flynn & Martin*, 10022.
Fabric on bed: Glazed cotton chintz: 51″ wide. 37″ repeat. #5740/1. **Fabric on chairs:** Glazed cotton chintz: 51″ wide. 6½″ repeat. #55837/1. Both from Marignan*, 10022.
Dust ruffle fabric: "Flax" cotton drill: 48″ wide. 24″ repeat. $18 a yd. From Hinson*, 10022.
Baby pillows (on bed): $38-$45. At D. Porthault, 10022.
Small picture, right
Antique oak Chippendale chair: $995 a pair. At W & J Sloane, 10018.
Quilts: At America Hurrah Antiques, 10021.

SUN SETTINGS
Pages 160-161
"Mansfield" china: 24K gold trim. 3-pc. place setting, $33.75. **"The Great Wine Glass" crystal:** 15 oz. $10.75 ea. Both by Lenox.
"Kirk King" sterling flatware: 5-pc. place setting, $261. **Sterling candlesticks:** 4⅝″ h. $100 a pr. **Silverplated salt and pepper shakers:** 4″ h. $15 a pr. **Sterling ashtray:** 2⅞″ d. $18.75 ea. **Sterling match boxes:** 1⅝″ x 1⅛″. $12.50 ea. All by Kirk.
"Les Bandanas" polyester and cotton napkins: 20″ square. $3. By Dessin Deux for Leacock. At Goldwaters, Phoenix 85012; Shaxted, Toledo 43606; Lord & Taylor, 10018.
Fabric on chairs: Dacron and cotton chintz: 48″ wide. $7 a yard. By Bloomcraft. At The Denver, Denver 80218; The Hecht Co., Washington, D.C. 20004; Fabrications, 10022.
Oval galvanized tin tub: 16″ x 8″, $5.50. From Daniel Bolle. At The Cookstore, Los Angeles 90069; Gabriella's, Lyndhurst, Ohio 44124; Mythology, 10024.
Page 162
Ironstone by Johnson Brothers: "Rose Bouquet": 20-pc. service for 4, about $50. Teapot, about $27.50. At Altman's, 10016; Flemington Cut Glass, Flemington, N.J. 08822; Rike's, Dayton 45401. **"Rose Chintz":** 20-pc. service for 4, about $58. Sugar bowl, about $20. Creamer, about $13. At Altman's, 10016; Jordan Marsh, Boston 02109; Marshall Field, Chicago 60690. **"Bradbury Pink":** 20-pc. service for 4, $39.95. Coffeepot, $22.50. Covered butter dish, $18.95. Salt and pepper shakers, $15.95 a pr. At Adam, Meldrum & Anderson, Buffalo 14205; Altman's, 10016; special order from Woodward & Lothrop, Washington, D.C. 20013.
"O'Malley" Irish crystal: Liqueur glasses (as egg cups): $19 ea. Old-fashioned: 9 oz., $18. Pitcher: 28 oz., $70. **"Galway Sunset" fruit basket:** 9″ h. $185. **"Shannon" marmalade:** 3¾″ h., $25. All by Wedgwood. **"Joan of Arc" sterling flatware:** 5 pc. place setting, $190. By International Sterling.
Dacron and cotton chintz napkins: 20″ square. $2.50 each. By Bloomcraft.
Tablecloth fabric: Dacron and cotton chintz: 48″ wide $7 a yd. By Bloomcraft. At The Denver, Denver 80218; The Hecht Co., Washington, D.C. 20004; Fabrications, 10022.
Page 163
"Royal Buttercup" china: 5-pc. place setting, $60. **"Crystalline Green" crystal water and wineglasses:** $6.95 ea. **Crystal decanter:** 28 oz. $85. **"Old English Tipt" sterling flatware:** 5 pc. place setting, $231. **Silverplated salt and pepper shakers:** 4½″ h. $27.50 a pr. **Sterling Puritan bread and butter plates:** 6″ diameter. $50 ea. All by Gorham Division of Textron.
Hemp and reed Safari chairs: 24″ x 22″ x 34″ h. $35. At Jere Cavanagh's, Key West 33040.
Centerpiece: Tin pudding molds: 12″ d. $7. From Daniel Bolle. At The Cookstore, Los Angeles 90069; Gabriella's, Lyndhurst, Ohio 44124; Mythology, 10024.
Dacron and cotton chintz napkins: 20″ sq. $2.50 ea. By Bloomcraft.
Tablecloth fabric: Dacron and cotton chintz: 48″ wide. $7 a yd. By Bloomcraft. At The Denver, Denver 80218; The Hecht Co., Washington, D.C. 20004; Fabrications, 10022.
Pages 164, top and 165
"Marlina" bone china: 5-pc. place setting, $50. By Aynsley. **"Galtee" crystal:** White wine, 5 oz., $16.75. Water, 10 oz., $16.75. By Waterford Crystal.
"Silver Flutes" sterling flatware: 5-pc. place setting, about $182. By Towle Silversmiths.
Beechwood and acrylic salt and pepper grinders: $8.50 each. By Cole & Mason.
Hand carved alder wood plates: 13″ d. $40. At Ambienti Design, 10021.
Centerpieces: Galvanized tin pail: 13″ d., $4.50. Small tub: 4″ d., $3. Watering can: 4″ d., $4. From Daniel Bolle. At The Cookstore, Los Angeles 90069 (except watering can); Gabriella's, Lyndhurst, Ohio 44124; Mythology, 10024.
Dacron and cotton chintz napkins: 20″ sq. $2.50 ea. By Bloomcraft.
Chair cushion fabric: Dacron and cotton chintz: 48″ wide. $7 a yd. By Bloomcraft. At The Denver, Denver 80218; The Hecht Co., Washington, D.C. 20004; Fabrications, 10022.
Page 164, below
"Tea Ceremony" bone china: 24K gold trim. 5-pc. place setting, $69.95. By Cathy Hardwick for Mikasa International.
"Charm" Austrian crystal: Water glass, 8 oz., $10.50. Wineglass, 4 oz., $10.50. By Ebeling & Reuss.
"American Colonial" sterling: 5-pc. place setting, $208. **Bamboo-type silverplated salt and pepper shakers:** 3″ h. $12.50 a pr. All by Oneida Silversmiths.
Dacron and cotton chintz napkins: 20″ sq. $2.50 ea. By Bloomcraft.
Tablecloth fabric: Dacron and cotton chintz: 48″ wide. $7 a yd. By Bloomcraft. At The Denver, Denver 80218; The Hecht Co., Washington, D.C. 20004; Fabrications, 10022.

Continued on page 244

CATALOGUE CHECKPOINT

STENCIL VARIETY FROM ADELE SHOP. Brochure offers most complete ncil kits, supplies and book available public. Early American, Penn. Dutch, ental designs come with thorough in- uctions. Super-size stencil brushes, in- nt drying paints. Adele Bishop. 50¢.

BUTCHER BLOCK FOR KITCHEN, RKROOM AND DINING from firm that produced chopping blocks and boards ce beginning of the century. Now, in ir catalogue they feature much more: les of many shapes, serving carts, wine ks. Butcher Block & More. 50¢.

CHARMING CURTAINS TO FIT ANY NDOW. Superior quality curtains, bed- eads, shams, canopies, vanity skirts, t ruffles. All no-iron fabrics. Ruffled, ored, fringed, eyelets, laces, sheers. page catalogue with color. Colonial d Curtains. 50¢.

TAB CURTAINS AND FABRIC SAM- S are inspirations for decorating and eshing the rooms of one's home from to bottom. Samples in catalogue in- de solids and prints from snow white plaids and mouth-watering combina- ns. Constance Carol. $3.

MYRIAD OF ENDEARING DOLLS, LLHOUSES, miniatures, kits, toys, ks and games enchants children of all s. Also, many collectables in 128 page alogue with over 85 in color. The En- nted Doll House, $2, and will be on ling list.

FAMILY OF BLUE RIDGE WEAVERS re- duces authentic coverlets on antique ns with traditional patterns and his- c colorations. Hand-tied canopies, ecloths with 4" fringe, care instruc- ns. Brochure. Virginia Goodwin. 25¢.

7. HERALDRY AS DECORATION AND HERALDIC JEWELRY presented in color folder showing wall plaques, framed coats of arms as well as rings, cuff links, blazer buttons and earrings. Names and heraldic terms are in a separate booklet. Heraldica Imports, Inc. $1.

8. PLATTER CHATTER OF COLLECT- ABLES in catalogue of limited edition plates and other items celebrating special calendar events. Created by master crafts- men. Decorative plates, thimbles, unique ornaments, bells, figurines. Hickory House Collector. 50¢.

9. HINTS OF SPRING coming your way in catalogue of helpful items for kitchen, household, garden. Plus many personal- ized gifts, pet ideas, hostess presents, handy aids in 96 pages of color. Holiday Gifts. Free.

10. OUTSTANDING SELECTION OF 223 VACATION HOME DESIGNS by Richard B. Pollman. A-frames, chalets, hexagons, one and two-story, hillside designs. Lodges for summer/winter fun. 176 pages, 80 in color and over 600 illustrations. Construc- tion blue prints available. Home Planners, Inc. $2.50.

11. MINIMUM-MAINTENANCE GREEN- HOUSE is all-aluminum, adds space for plants. "Open up" house to sunshine and flowers with lean-to model; free-standing style for lawn. Fits any site or budget. Full color 48 page catalogue. Janco Green- houses. $1.

12. BRASS BEDS AND ACCESSORIES from an heirloom quality, handcrafted selection you won't find in any store! Made to order when you deal directly with Joao Isabel, Inc., designers and craftsmen in brass. $3.

13. JØTUL WOOD-BURNING STOVES and fireplaces—all facts presented, questions answered on the art of heating with wood. Installation hints, diagrams, care and use of woodstoves in practical resource book. Might change your energy outlook for '78! Kristia Associates. $1.

14. FURNITURE FROM YESTER-YEAR in an 80 page catalogue. Reproduced solid mahogany Victorian, wonderful golden oak furniture, lamps, mirrors, curio cabi- nets. Fabric samples. Three catalogues annually. Magnolia Hall. $1.

15. VICTORIAN ELEGANCE AND MOD- ERN QUALITY are teamed in illustrated furniture catalogue. Upholstered chairs and sofas, tables with marble or wood tops, carved frames. Selection of fine fabrics available. Martha M. House. $1.

16. MICROWAVE COOK AND SERVE WARE abounds in brochure along with accessories, cookbooks. Microproof uten- sils, all guaranteed, designed to promote even cooking. Go from freezer—oven—table. Micro-Cook Products, Inc. Free.

17. SUPERB RUG ASSORTMENT in con temporary designs and traditional patterns from the Far East, India, American South- west. Many sizes, round, octagonals. Color catalogue also has European woven tapestries. Peerless Imported Rugs. $1.

18. FURNITURE OF QUALITY is to be found in the 50 page catalogue of tradi- tional designs for living, dining and bed- rooms plus elegant accent pieces. Select- ed hardwoods, solid brass hardware, exquisite fabrics are featured. Bryan Robeson. $1.

19. THE SUMMER FASHION SCENE pre- sented by Talbots features a newsworthy collection for women and men. Easy-to- wear, timeless styles for town and coun- try. Accessories included. Summer '78 color catalogue. The Talbots. Free.

20. CHAIRS, BENCHES, STOOLS WITH A COLONIAL look are made of ash, birch, oak or other hardwoods. Seats are woven with cord or cane. Booklet illustrates the pieces, gives a description of wood sea- soning, wood and vinyl finishes. Marion Travis. 50¢.

21. MUSEUM MASTERPIECES in collec- tion of needlework that spans 2000 years of world art. From a Peruvian Devil and Coptic Cupid to woven coverlets, adapta- tions are unique kits. Also fancy stitches, beads. Catalogue includes design and stitch tips. Jane Whitmire. $1.

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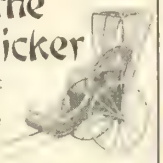


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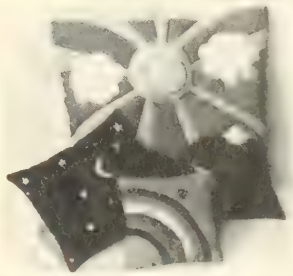


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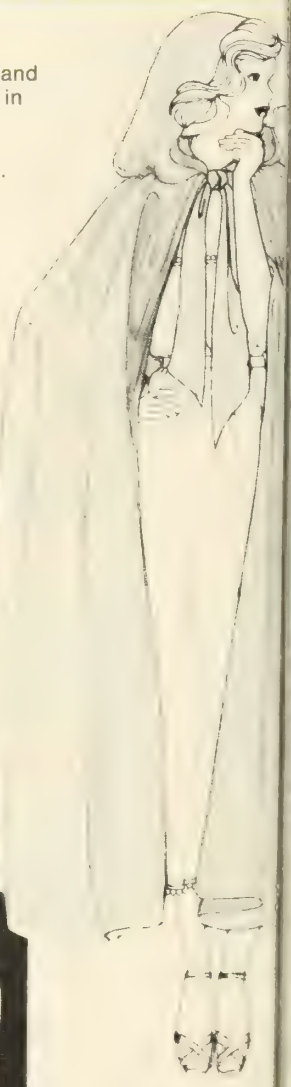
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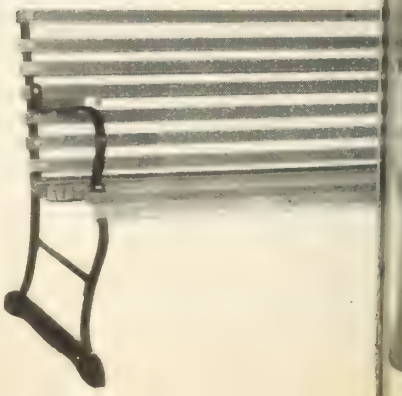
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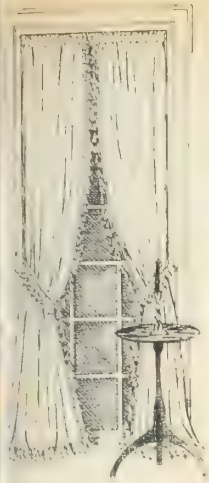


PARK BENCH

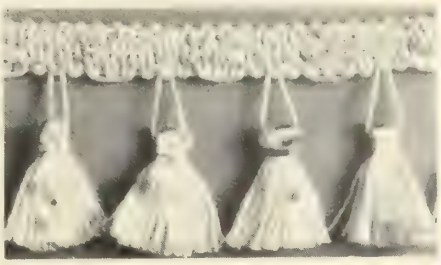
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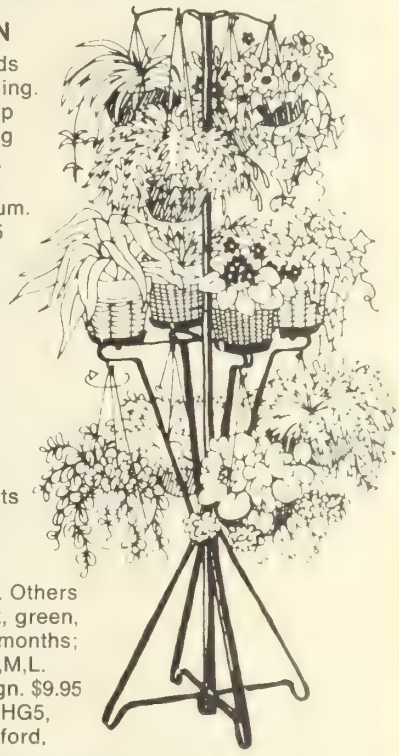
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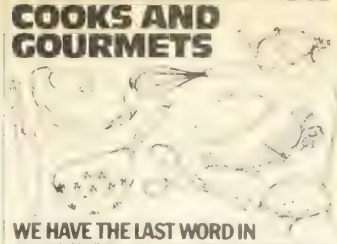




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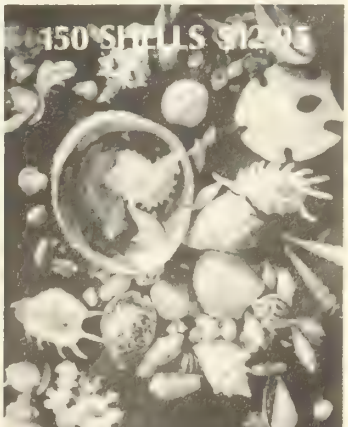
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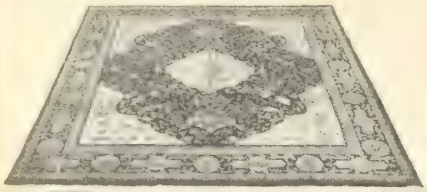
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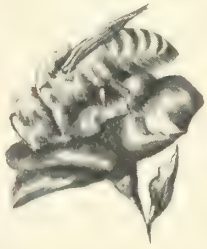


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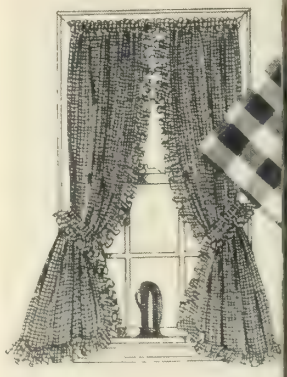
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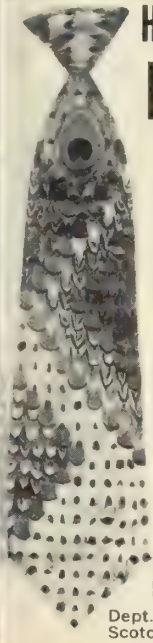
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op-grain leather in beautifully de· ailed chair, right for almost any oom. Has loose down cushion, olid mahogany legs, solid brass ailhead trim. Available in over 0 colors (brochure $1). 42" h. by 9" w. by 29" d. $419.50 exp. oll. Carolina Leather House, HG41, lox 5023, Hickory, NC 28601.



OFF, OFF AND AWAY

Green plastic sleeve distributes rain water away from down spout across lawn, shrubbery. Sleeve stays rolled until it rains then unrolls, water flows and spreads through sprinkler holes. 9' l. $1.98 plus 40¢ post. Anthony Enterprises, HG5, 556 Mission St., San Francisco, CA 94105.



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ESSEX HOUSE
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Scotch Plains, NJ 07076

Bullrush Baby Basket

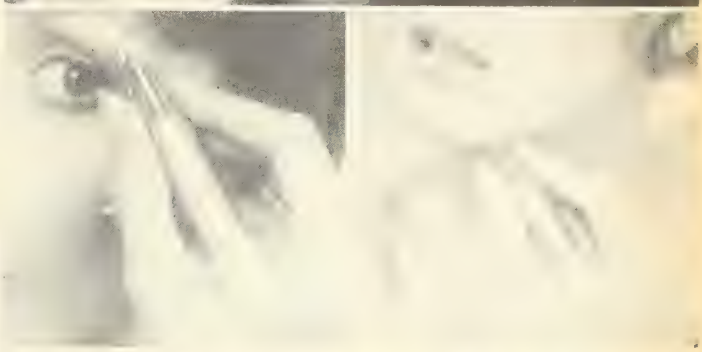


Classic form, natural materials, durable construction **$29.95** This charming bassinette, handwoven from natural palm reeds, is bound to enchant many future generations of your family. Ideal for home use; its light weight (only 8 lbs.) and convenient size (appr. 31"L. x 21"W x 19"H) make it perfect for travel or even outdoor use. The fully natural materials, untreated by chemicals, varnish, preservatives, or artificial colors, will not splinter or chip. Incredibly strong and resilient! (Directions for lining the basket are included.) For babies from birth to six months old.

Send check or money order (no C.O.D.'s) for 29.95 to New Orleans Baby Company - Dept. HG-5, P.O. Box 4190, New Orleans, La. 70178.

Please print your name, address, & zip code on a card. UPS shipping chrgs. collect. Return within 30 days for refund if displeased.





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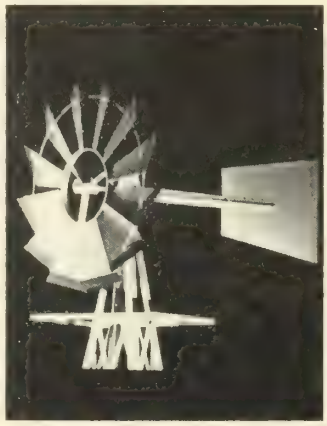
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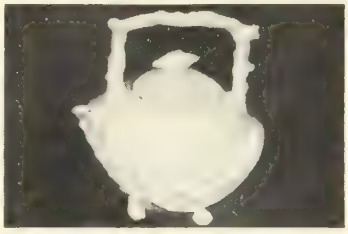


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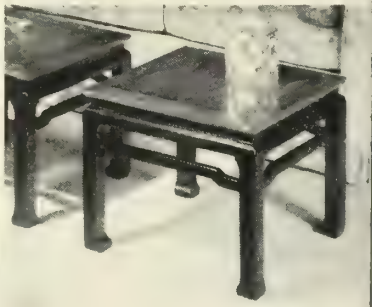
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Top 20 x 20 H17

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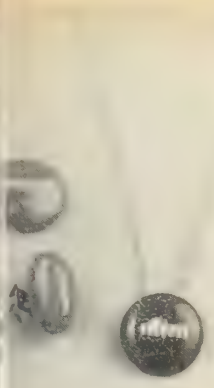




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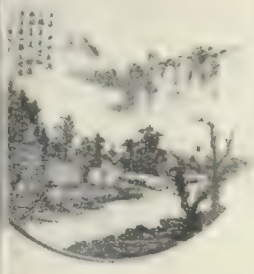
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E TO PLACE

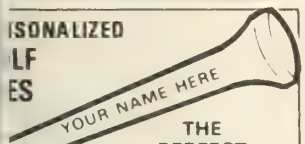
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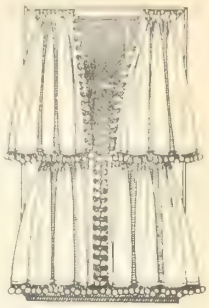


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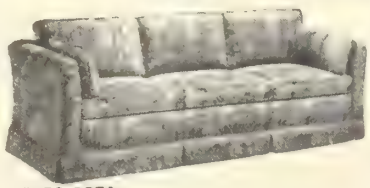
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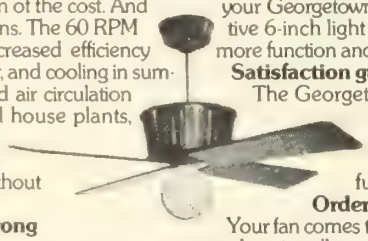
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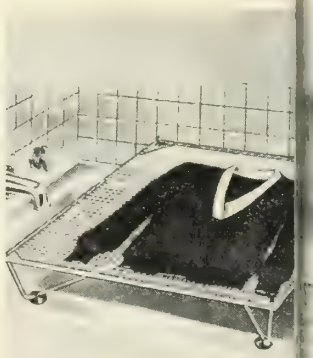
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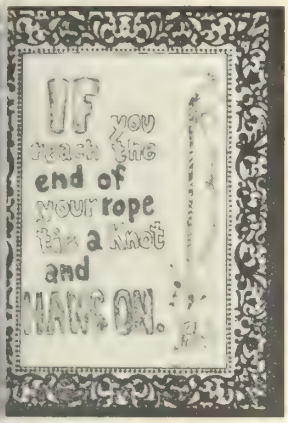
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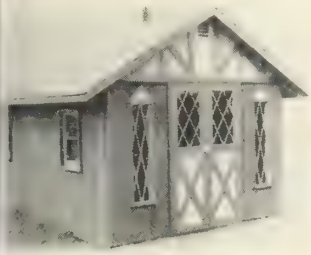
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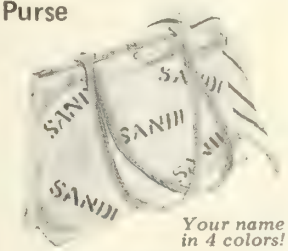


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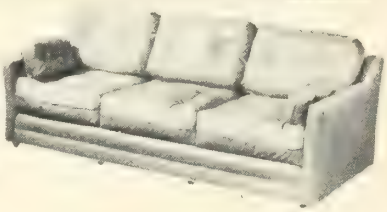
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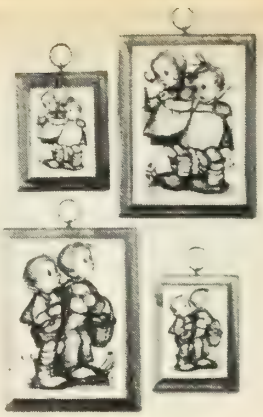
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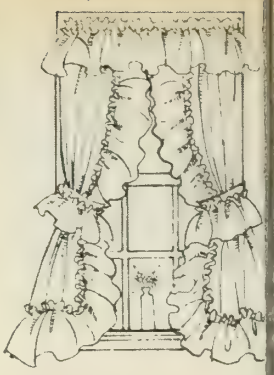
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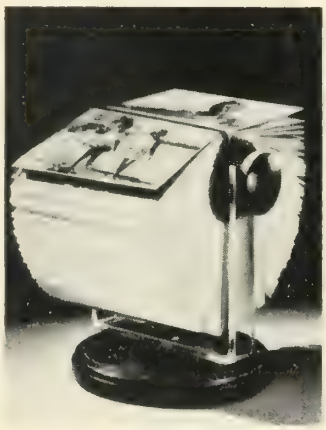
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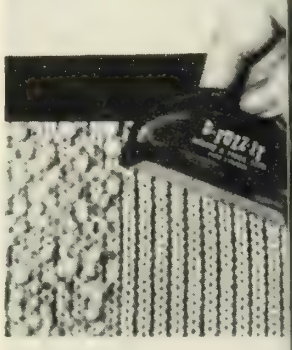
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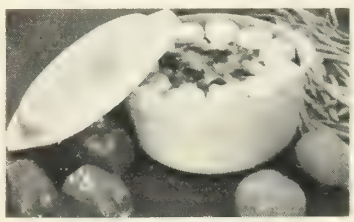
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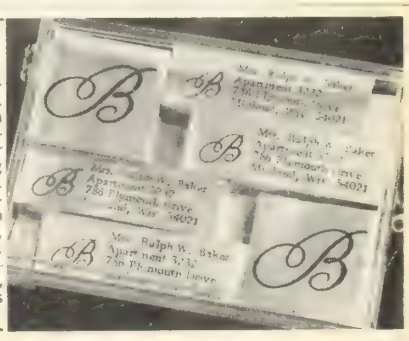
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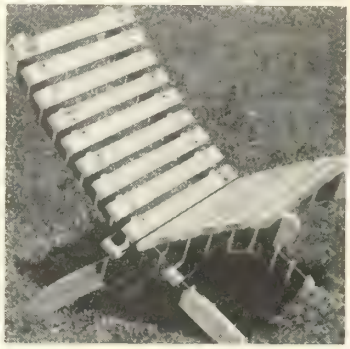
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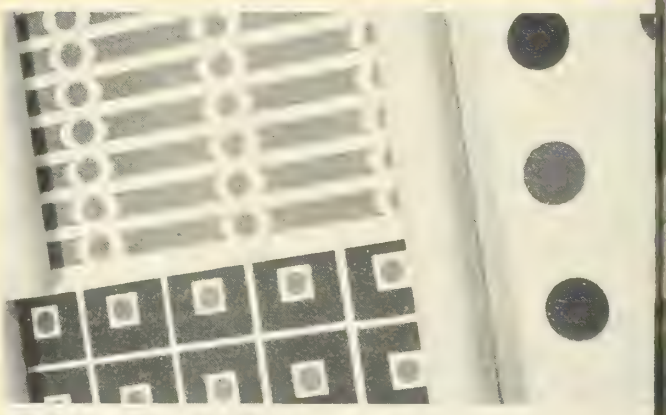
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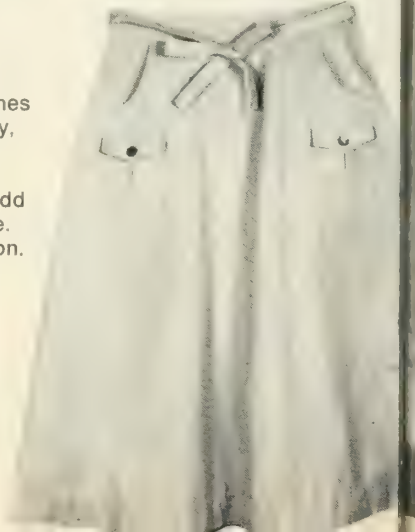


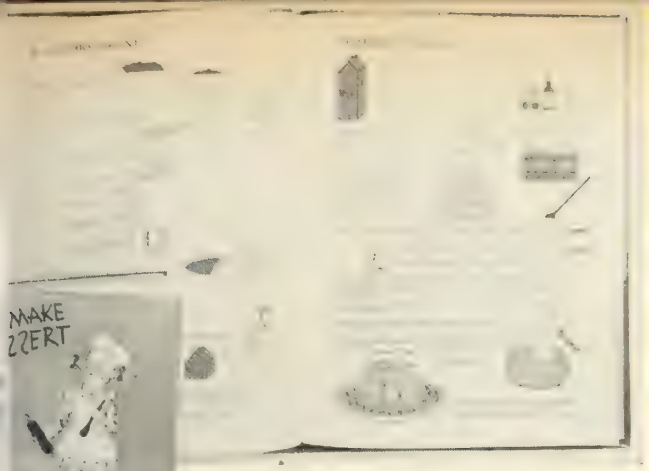
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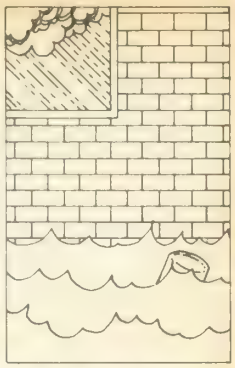
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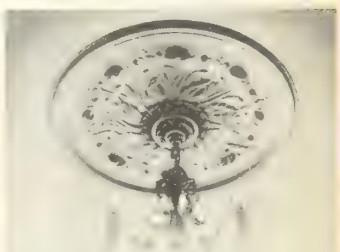
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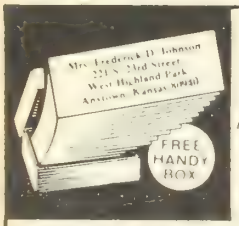


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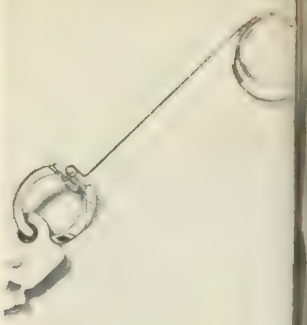
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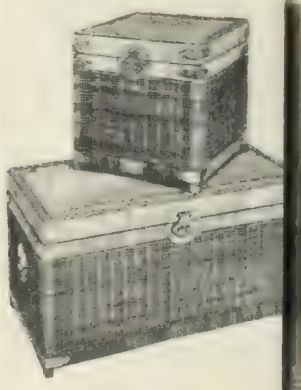
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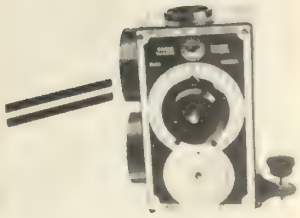
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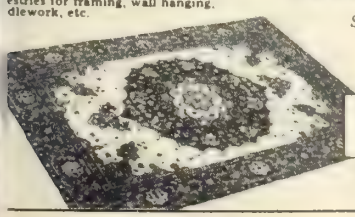
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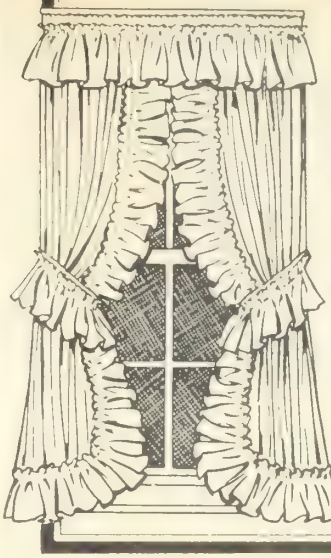
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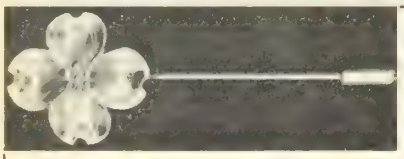
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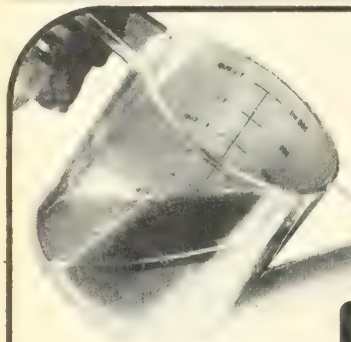
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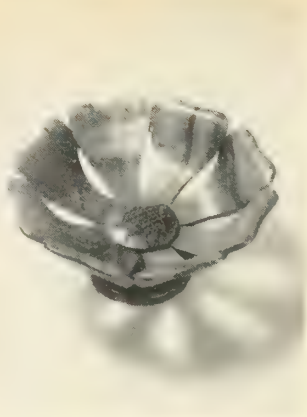
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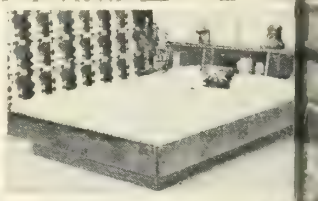


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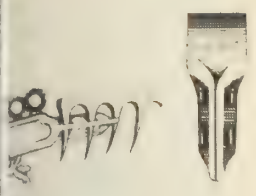
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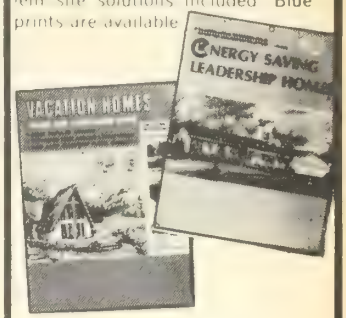
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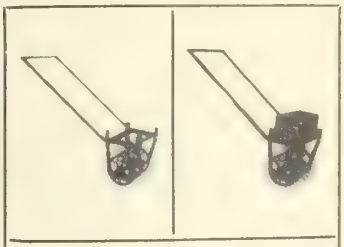
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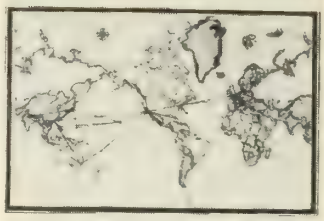
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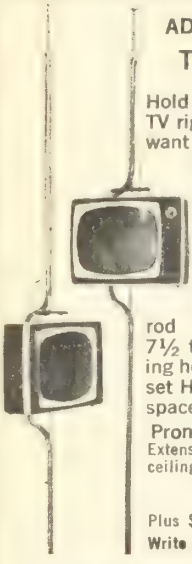
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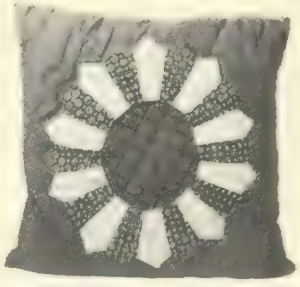
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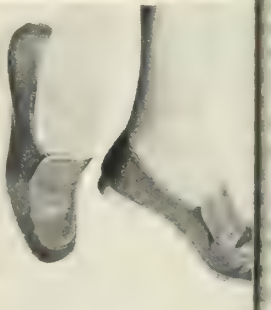
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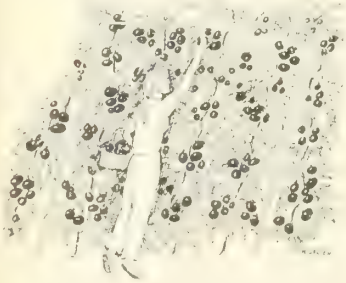


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Kraus' cushion crepe sol heels. Caramel, brick, bon black, in genuine leather, "Deluxe Doe" glove leat brick, black, caramel, bon $19. In full and half sizes: 6-5-10½M, W. $1.50 po Pueblo Traders, Dept. H5N, Country Club, Tucson, AZ

NEW IMPROVED METHOD

. . . for growing tomatoes. The TOMATO FRAME and TOMATO ARBOR give you two variations for growing tomatoes.



This method gets plants off the ground. Frame gives perfect support. Eliminates staking and tying. Produces more per square foot than any other method and produces it at least two weeks earlier than the cage method.



Six foot high lightweight frame made of sturdy ½" galvanized steel pipe. Rustproof and strong enough to support plant for entire season. Easy assembly. Stores flat. Great for other vine crops.

Six Tomato Frame@10.95 ea. plus 1.90 postage

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The Square Foot Gardener

Pheasant Run Farm

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Curtain Corner

24"	7.00
30"	8.00
36"	9.00
45"	10.00
54"	11.00
63	12.00
Val 54x11	5.00

Colonial Classic Catalog with fabric samples 25c featuring the top quality curtains and accessories carried in our store

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Here are the same authentic "capes" as featured in our store. Our customers love the extra fullness (approx. 80" wide) and the perky 3" ruffles all around. Perma-Press, polyester and cotton. Tiebacks included in price! Select yellow, blue, pink, or white

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Send $1.50 for catalog of creative needlepoint ideas.



AND NOW THERE ARE FOUR!

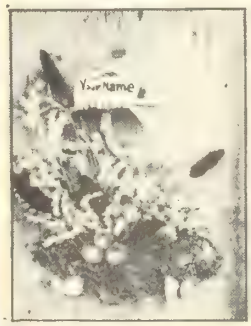
Kentucky's only AUTHENTIC julep cup, our famous handmade STERLING SILVER cup now has three matching companions! All four items are heavy gauge silver and have hand beading at top and bottom. All bear our traditional presidential markings, which date them for posterity. Start a set TODAY . . . and pass them on to future generations with great pride! Use them for water, milk, cokes . . . or whatever you wish! They make excellent business or presentation awards.

From left:

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Use box for notes, attach hooks for keys—*many imaginative uses!*

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Multiple orders: Write additional names on paper. Indicate colors. *Average size: 8" x 11"*

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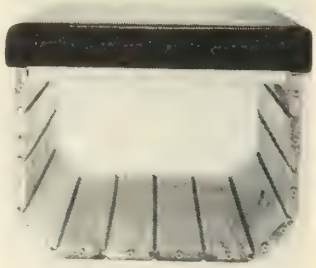
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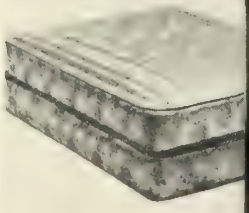
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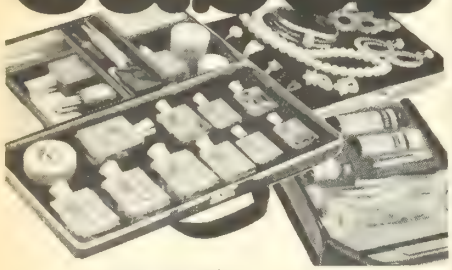
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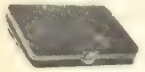
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Satisfaction guaranteed. Send check, Master Charge, or Visa number & expiration date to:

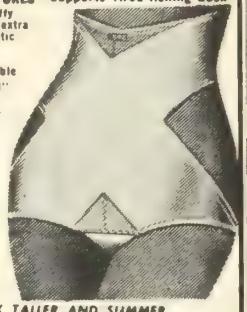
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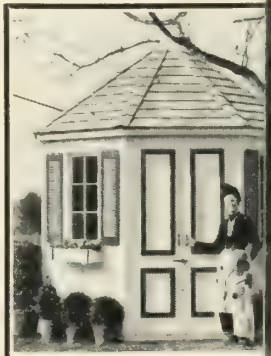


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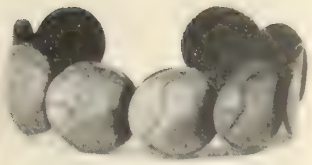
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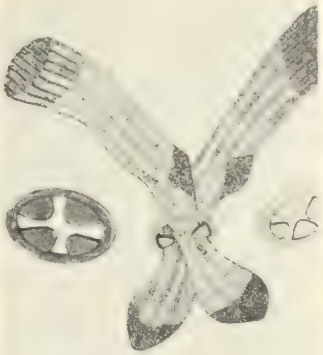
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W. 33"; Overall depth 35"

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Hunt Galleries, Inc.

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Constance Carol

PLYMOUTH, MASSACHUSETTS

TAB CURTAINS

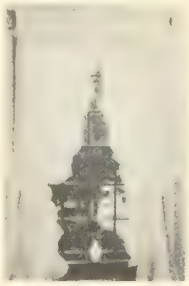
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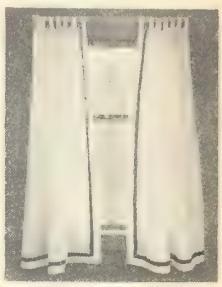
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5" RUFFLE



PILGRIM STRIPE

Natural. Preshrunk muslin
White: Polyester/cotton blend
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TAB CURTAINS LENGTH	About 80" wide 40"	45"	54"	63"	72"
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Set includes two brackets made from birch, four nails and a 36" or 48" (specify) wooden rod, diameter 3/4
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ONLY $9.95
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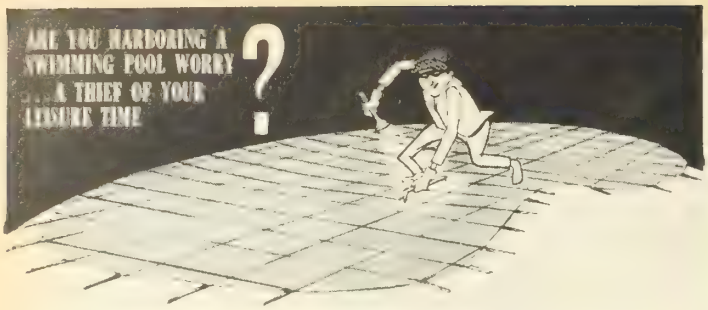
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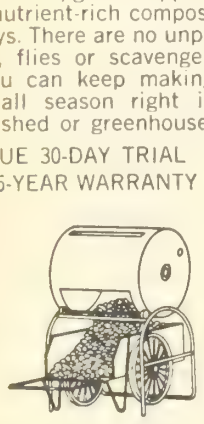
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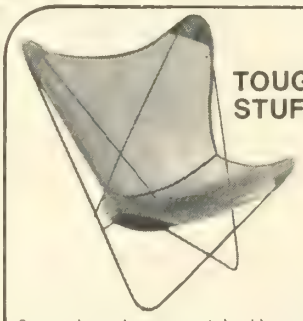
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THE Patio
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You'll love these thong-sandals for sport, beach and party wear. A color for every outfit. Comfortable & fashionable. Choose ½" cork wedge (shown) in white, green, pink, yellow, bone/cocoa, red, bright blue, black, gold, silver; or ½" heel in navy, orange. Sizes 5 thru 10 (except 9½). (Send 2nd color choice.)

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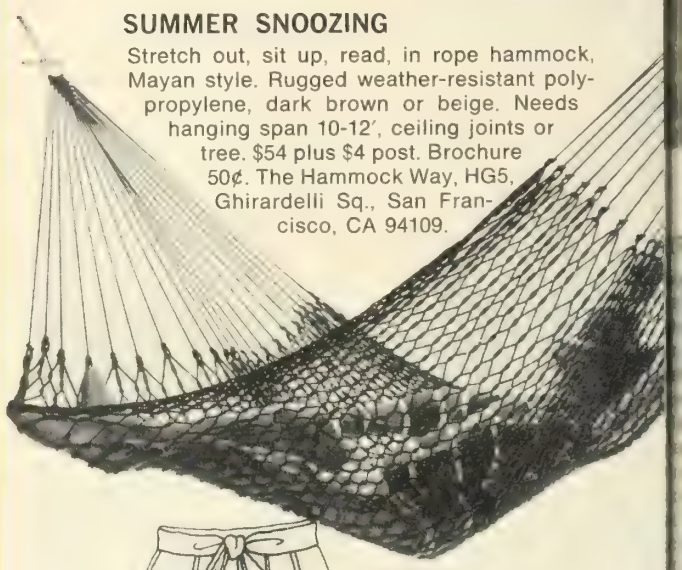
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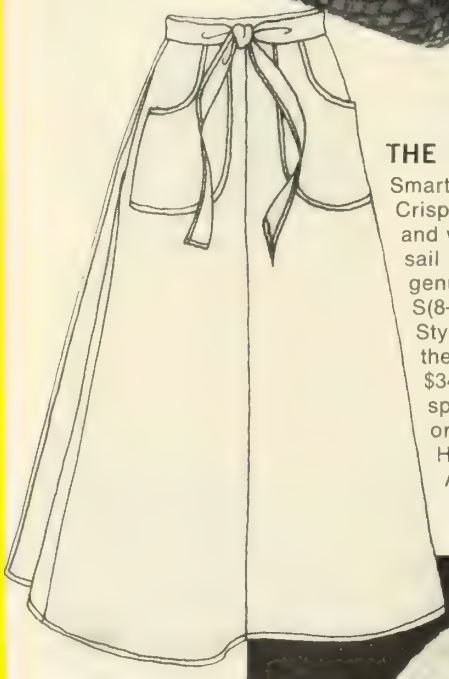
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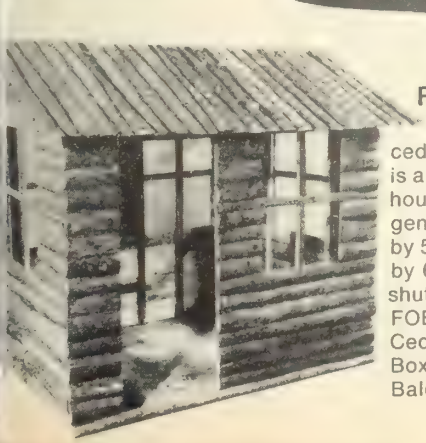
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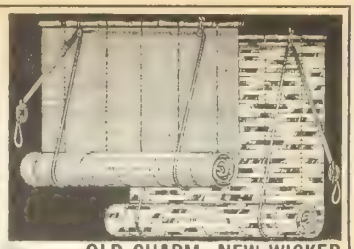
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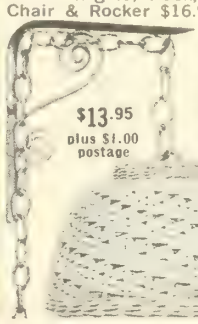
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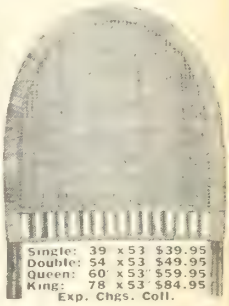
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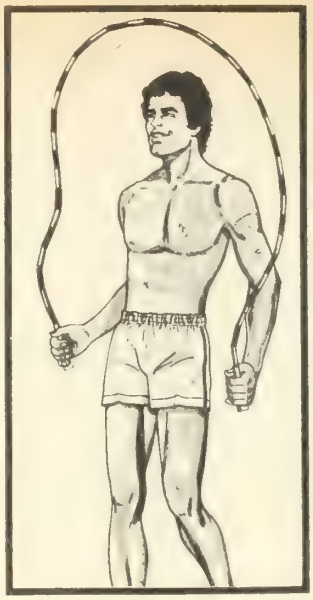
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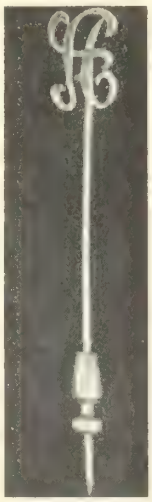
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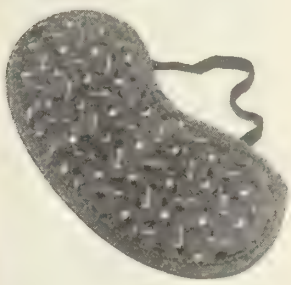
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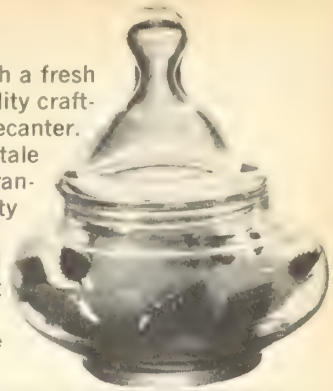
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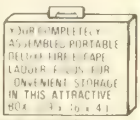
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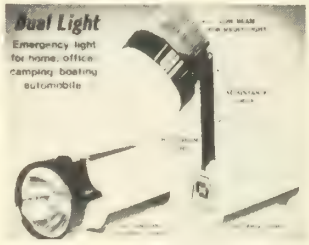
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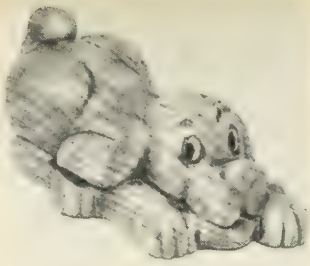
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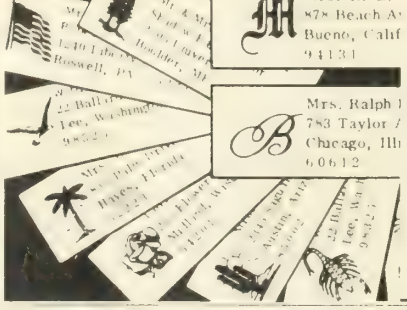
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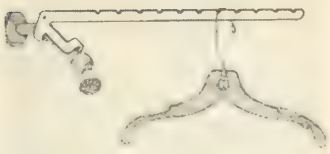
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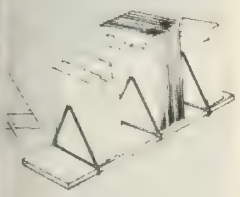
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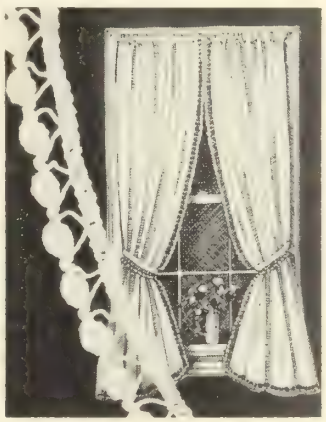
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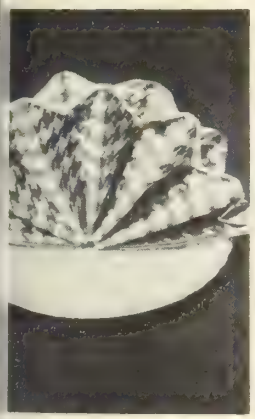
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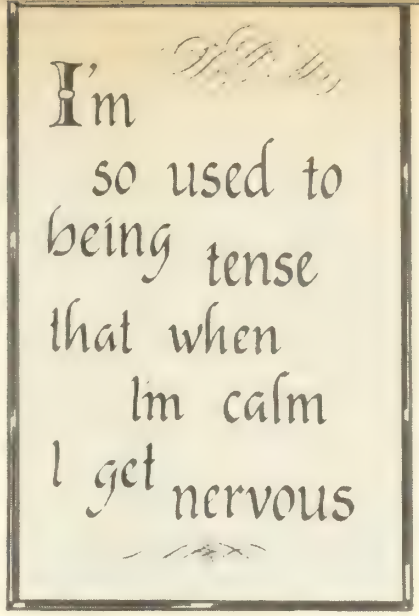
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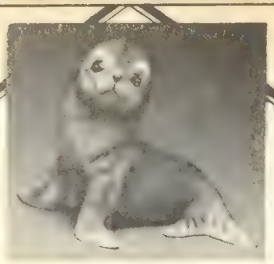
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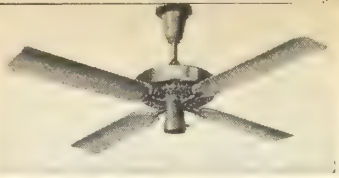
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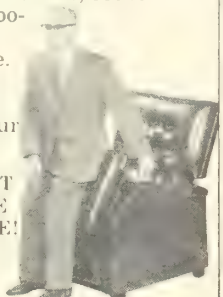


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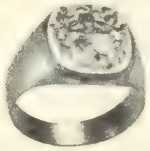
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THOUGHTS FOR THE MERRY MONTH



BY JAMES FANNING

Proper tree surgery, how to grow vegetable spaghetti, chives as flowers, and book that tells you how to listen to plants

Space for plants

One of the first lessons a beginning gardener learns is that plants need space to develop properly. Roots need underground room to gather water and nutrients, leaves and branches need above-ground room for the air and sunlight *they* need. All of this has been graphically illustrated in a photograph recently published by the American Forest Institute. The picture shows a cross-section of a 176-year-old hemlock trunk. The tree's growth rings make it very clear that in the last 20 years of its life the tree grew almost twice as much as it had during the first 156 years. The reason for this is that trees surrounding this one were cut when it had reached the age of 156. Part of a managed woodlot, it was too small to be harvested when trees around it were being cut. This dramatic illustration of the truth of an old gardening principle also shows the awareness of our modern foresters. Trees are recognized as our most important renewable resource. Instead of being "mined" and left as wasteland, forests are managed according to sound agricultural principles. Cut-over areas are replanted and the seedlings thinned as they grow, so the trees have the best possible chance of growing into marketable timber. The American Forest Institute has been set up by the lumber industry to develop ever-improving ways to keep our timber lands productive. A free brochure describing its work is available from the Institute headquarters, P.O. Box 873, Springfield, Va. 22150.



Growth rings of this hemlock trunk show how much its growth rate increased after surrounding trees were cut

Starchless spaghetti

Vegetable spaghetti, like that grown by Mr. and Mrs. Arthur D. Pinkham J. (page 142) has been around a long time, but has only recently begun to win the popularity it deserves. Avoiders of starch have little to fear from the vegetable, which is actually a squash, with all the squash's nutritive values. The name comes from the fact that the flesh separates into spaghetti-like strands when it is cooked, and that's as far as the resemblance goes. Like all of its kindred

Talking plants

Talking to your plants is fine, but the conversation should not be one-sided. Stop and listen once in a while, says Elvin McDonald. In *Stop Talking to Your Plants and Listen* (Funk & Wagnalls, $8.95), he tells how to listen to your house plants' complaints. Browning leaves mean one thing, yellowing leaves another, and it is only by knowing what each symptom indicates that you can prescribe and apply a cure. Mr. McDonald describes a long list of trouble signs and illustrates each of them with a cleverly captioned drawing, then goes on to prescribe the cure. This new and highly practical approach to the care of house plants is one that will bring a hearty vote of thanks from all indoor gardeners.



Good-natured illustrations make *Stop Talking to Your Plants and Listen* an easy book to consult

—cucumbers, pumpkins, and melons—vegetable spaghetti needs daylong sunshine, well-drained soil, and space for the trailing stems to run. Some gardeners use black plastic sheeting as mulch under the vines to keep the fruit clean and the soil moist. Seed of vegetable spaghetti is available at most hardware and garden-supply shops, also by mail from Stokes Seeds, Box 548, Buffalo, N.Y. 14240 and Burpee's, Warminster, Pa. 18991 (who also has the Pinkhams' favorite corn, Illini Xtra-Sweet). Both catalogues are free. The crow repellants used by the Pinkhams are available by mail from Mellinger's, 2310 West South Range, North Lima, Ohio 44452. Mellinger's amazingly voluminous catalogue is free for the asking.



Clumps of chives make a handsome addition to a flower border

Decorative onions

Chives might almost be called miniature onions. Botanically, both are *Alliums*, and the similarity in flavor is unmistakable. But the delicate-looking and delicate-tasting chive has a greater variety of uses than its more robust cousin. In their most common use as an herb, chopped chives give tang and color to vichyssoise and innumerable other dishes. The plants, like clumps of cylindrical-leaved, bluish-green grass, make an elegant edging for perennial borders and knot gardens. Perhaps it is as cut flowers, though, that chives really come into their own. The fuzzy lavender-pink flower clusters are borne atop straight stems from 8 inches to 1 foot high. They keep well in water and combine beautifully with other flowers, particularly roses. Dried in borax or silica gel, they hold their color well and last indefinitely. And last, but far from least, when allowed to go to seed and mature naturally, the flower heads are superb for dried arrangements. Not fussy about soil or location, chives are easy to grow from seed, which is available at seed counters everywhere, or by mail from the George W. Park Seed Co., Inc., Greenwood, S.C. 29647. The Park catalogue is free, and lists chives among the herbs. ■

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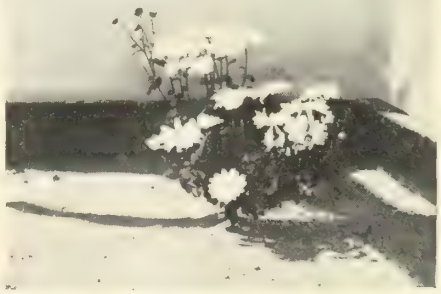
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5. "WHEN YOU WANT EXCITEMENT, NOT JUST FURNITURE"—a catalogue filled with fine furniture from Gordon's. Many matched sets of tables, desks, commodes, and other pieces in a variety of finishes to suit any decorating need or taste. $1

6. DECORATE WITH COLOR. Learn "How to Be a Color Schemer" with this dramatic, 23-page booklet filled with ideas and facts to help you decorate in the way you've always dreamed. Learn how upholstery fab-

ics made with Herculon Olefin will give ou freedom of color choice, afford built-n stain resistance, and lasting color. From Hercules.

. WINDOWS BEAUTIFUL—VOLUME VI. A complete and authoritative book on win-low treatments. Room-setting photos in color, examples of most popular types of reatments, styles suitable for various ooms, ideas for common and problem vindows, how-to for measuring and sew-ng basic treatment for many types of vindows. Kirsch Company. $1.95

. ORIENTAL RUG DESIGN MASTER-IECES. Couristan's newest collection, 'Gem," can now be seen in a deluxe 24-age color catalogue. Portrayed are 19 nagnificent design/colorations, recreated rom famous antique rugs and rare tapes-ries, many exhibited in renowned mu-seums and galleries throughout the world. Couristan. $2

. "THE FREESTYLE COLLECTION"—eaturing full-color photographs of an ex-iting new furniture collection by Howell. Designed for today's new concepts in fur-iture. Any chair can be teamed with any able or the pieces can be used inde-pendently in dining room, family room, or living room.

0. MODERN FURNITURE COLLECTION begins with an architectural modular sys-em that can function in any living area vith complementary furniture, which will relate to the system or stand alone. Fine veneers combine with stainless steel and glass for a modern ambiance throughout he living, dining, and bedroom pieces. Baker Furniture. $4

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14. GET READY FOR SPRING with these two booklets from O.M. Scott, "How to Plant and Grow Shrubs and Trees Around Your Home," and "How to Grow More and Better Vegetables." They include advice on the where, what, when, and how of planting as well as after-planting care. Answers to many of your basic questions. O.M. Scott & Sons.

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15. WHAT TO DO IN TIME OF BEREAVE-MENT is explained in a 32-page booklet, "My Duty," from Clark Grave Vault, with letters of sympathy, poems, and other suggestions of things you can do when others turn to you in time of grief.

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Shopping information
continued from page 210

Centerpiece: Ceramic basket: 11½" x 7" h. Pineapple motif. $40. **Stoneware candlesticks:** 10" h. $18 ea. Both from Terrafirma, 10011.

Pages 166-167

"White Warmstry" bone china: 5-pc. place setting, $47.50. By Royal Worcester Spode. **"Rambouillet" wineglass:** 8½ oz. $3.50. **"Washington" goblet:** 10½ oz. $4. Both, Cristal D'Arques by J.G. Durand.

"Hampton Court" sterling flatware: 5-pc. place setting, $197. **Sterling salt shaker and pepper mill:** $42.50 a pr. Both by Reed & Barton Silversmiths.

Centerpiece: Galvanized tin pail: 13" d. $4.50. From Daniel Bolle. At The Cookstore, Los Angeles 90069; Gabbriella's, Lyndhurst, Ohio 44124; Mythology, 10024.

Red and white cotton tablecloth: 60" round. By Leacock. At Shaxted, Toledo 43606.

"Les Bandanas" polyester and cotton napkin: 20" sq. $3. By Dessin Deux for Leacock. At Goldwaters, Phoenix 85012; Shaxted, Toledo 43606; Lord & Taylor, 10018.

TOUCH OF FRAGRANCE

Pages 168-169

"Tobacco Leaf" porcelain tureen: 13¾" x 9¼" x 9" h. $450. By Mottahedeh. At Isabel's, Etcetera, Palm Beach 33480; Johnson's Jewelers, Tyler, Tex. 75701; Metropolitan Museum Shop, 10028 (include order code F0469).

"Glasserole" ovenproof casserole: 40 oz., $14.95. 80 oz., $17.95. Creative Glass by Corning Glass Works.

"Sylvie" cotton (lining basket): 54" wide. 5" repeat. About $10.50 a yd. From S.M. Hexter*, 10022.

Food scale: 6½" x 4¼" x 7" h. Weighs up to 6 lbs. or 3 kilos. $18. By Terraillon. At Happy Cooker, Forest Hills, N.Y. 11375.

PATTERNS FOR CHANGE

Pages 170-171

Cotton durrie rug: 4'4" x 6'11". From Stark*, 10022.

"White Cloud" rayon and polyester tablecloth: 88" round, $34. By Vera.

Page 172

"Tiny Leaves" cotton napkins: 17" square. $2.50 each. By Bloomcraft. At John Wanamaker, Philadelphia 19101.

Tablecloth fabric: "Tiny Leaves" cotton: 54" wide. 4" repeat. Zepel finish. About $7 a yd. By Bloomcraft. At Home Silk Shop, Los Angeles 90048; Luxury Fabrics, Gastonia, N.C. 28052, Columbia, S.C. 29204, Knoxville, Tenn. 37720.

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"Fol de Rol" Dacron and cotton sheets: Full size, about $11 ea. Pillowcases, about $9 a pair. By Martex, WestPoint Pepperell. At Maas Brothers, Florida; Robinsons, Florida; Stewart's, Baltimore 21201.

Night table: Lacquered plastic cube: 14" square. Brown or white. $19. By Palaset. At Conran's, 10022.

Table or wall lamp: 21½" h. Red, green, blue, white. $70 with bulb. From the Sintesi series by Artemide. At Ambienti Design, 10021.

Page 173, insert

"Monuma" cocktail table: 38" sq. x 15" h. White or burl plastic laminate finish. $190. By DIA. At Bloomingdale's, 10022.

BUILDING FACTS

Materials used in the house on pages 146-147

ARCHITECT: G. Darcy Gibson, Rye, N.Y.

CONTRACTOR: Alex Ganim, Port Chester, N.Y.

INTERIOR DESIGN: Jan Moran, New York, N.Y.

LANDSCAPE ARCHITECT: Leonore Baronio, Rye, N.Y.

SIZE OF HOUSE: 480 square feet. Three clover leafs—two, 12 x 12 feet, one 12 x 14 feet around an original core, 12 x 14 feet.

INTERIOR

Fireplace: Pre-fab Vance-Parker flue set in steel frame with galvanized steel hood and flue cover. Heatilator damper. Brick base. Beveled mirror.

Doors: Anodized aluminum sliding sashes with Thermopane insulating tempered glass by Libbey-Owens-Ford Glass.

Skylight: Custom-built with insulated glass; set between 4" x 12" wood rafters.

Aluminum blinds: By Levolor.
Floor: Vermont white marble.

Ventilation *continued from page 117*

The chimney effect in design

An important component of a natural ventilation system is the chimney effect, which makes use of warm air rising. Even in an older, two-story house in a densely built neighborhood, you can encourage air to enter the basement (which will cool it) or the first floor on the shady side (west in the morning) and flow upstairs and out through the attic. Keep all the windows toward the sun and those on the second floor closed. By afternoon, heat may begin to build up, but until noon it's possible to get good air circulation and be relatively comfortable. Experiment with the air flow yourself, by opening and closing windows until you get the most efficient air currents in the house.

Attics, of course, provide a natural buffer against sun heat. If you've installed attic insulation in the ceiling joists, be sure to keep air moving through the space. Louvers in the triangular gable ends need cross-ventilation to work and are best oriented to summer windows. Based on the Venturi Effect, it is better to have the large opening to the west or southwest, with the smaller one on the opposite side. If you use auxiliary fans in the attic (or elsewhere), choose the largest diameter that will fit into the opening and run it at the slowest possible speed. It will be quieter and cheaper to operate, and move air in the gentlest way. Be sure, by the way, that you seal louvers tightly in winter, or much of the heat retained by attic insulation will be lost. ■

Health/Psychology/Sex
continued from page 60

tesis and is done at about the 16th week of pregnancy. The mother spends a few hours in the hospital and the fetus is examined under sonographic control. This procedure outlines the fetus and placenta, allowing the doctor to insert a fine needle and withdraw a few drops of the fluid from the amniotic sac. The chromosomes of the cells in this fluid are then stained and studied. They will show definitely if the fetus is impaired or not. If it is, the uterus may be emptied of its contents, without risk to the mother at this early stage of pregnancy.

Are there dangers to the mother in late childbirth? Obstetricians say no. If a woman is healthy, with no diabetes, hypertension, or other systemic disease, she will have as little difficulty or risk as if she were 25. In fact, the most recent figures show that the mortality of women in childbirth per 100,000 live births was 14 in 1977. In 1950 it was 83 or almost six times as great. So the 40-plus new mother today actually incurs less risk of serious trouble than a 25-year-old mother did in 1950.

The oldest mother I know of whose age was documented by a birth certificate was 56. She had a normal child. One of my patients had twins at age 51, completely normal babies like their siblings, who were about 25 years older. Another woman had her first child at 49, with no problem. These were lucky mothers and children, because the births occurred before we knew about amniocentesis and chromosomal abnormalities. Now, any mother who wishes to have the joy of a baby in the later child-bearing years can do so with safety. ■

Awnings *continued from page 124*

flat surface. With a pinking shears, cut a cloth patch to extend at least an inch beyond the tear on all sides. Attach to the underside of the awning with waterproof cement, plastic rubber, or fabric glue. First, apply glue to both patch and awning and let each dry until tacky. Then press patch to awning with a roller for a firm bond. For large tears, patch both sides of the awning.

Waterproofing: Most fabric awnings are waterproofed by the manufacturer, but untreated or leaky awnings can be stretched, then sprayed or brushed with a transparent waterproofing sealer such as Thompson's Water Seal or Astrup Can-Vak. Sealers are at paint and hardware stores, and canvas product dealers.

Storage: Remove fabric awnings from the house or apartment and disassemble frame. Wash awnings as directed above. When dry, neatly roll or fold, and wrap in brown paper or plastic sheeting. Store in a dry, well-ventilated area—an attic or garage is usually ideal. Before remounting each season, replace worn cords and oil pulleys. ■

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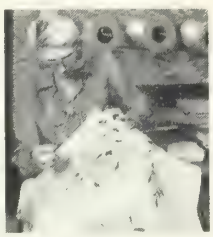
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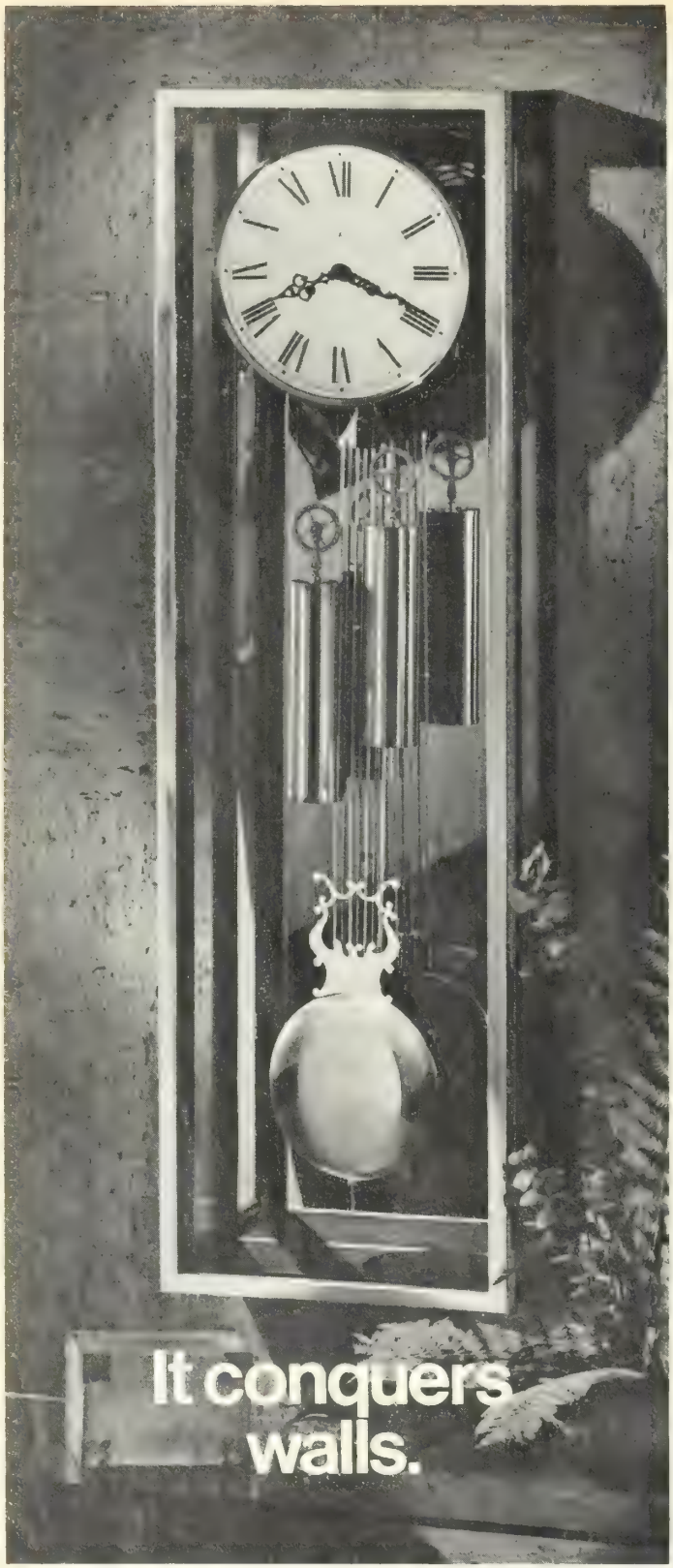
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BEA

On the cover: The easy-care key to this comfortable bedroom is the sheeting—a graph-paper pastel that stripes the bed, drapes a table, and ties on a slipper chair. Fresh white paint on floor, shutters, and molding, and painted wicker summerhouse furniture brighten the summersky blue. Room designed by Donghia-Martin Associates, Inc. Upholstered bed and slipper chair by Angelo Donghia; "Cabaret Stripe" sheets by Angelo Donghia for Utica Fine Arts by J. P. Stevens. Mattress by Serta. All wicker furniture at The Gazebo. Painting, pillows, and vases from Roundtree. Shopping information, page 148. (To learn how to make your own tie-on slipcovers, see House & Garden April, 1978, page 52.)

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Living

News about people and design, housetips and how-tos, plants and pets, books, travel, health, energy, and special events





Mint condition

Mint is one of America's favorite flavors, from jelly to chewing gum to juleps. But there's mint, and then there's mint: peppermint, orange mint, apple mint, spearmint, pennyroyal, and Corsican mint, the snappiest of the bunch. Not the most ornamental plant, with its unkempt creeping growth, mint is nonetheless something that should be in everyone's windowsill herb garden. Once you've tasted it, you won't be happy without it. And you'll be constantly finding new dishes in which to stick a sprig or two. A few leaves tossed in with peas, for instance, will add a sprightly flavor you won't know how you ever lived without.

Which mints to grow? Apple mint *(Mentha suaveolens)* has a sweeter aroma than the others, even if it's rather indefinite about the apple half. The same cannot be said for orange *(M. citrata)*, which is distinctly citrus in its fragrance. Peppermint *(M. x piperita)* and spearmint *(M. spicata)* you're surely familiar with. But if you're looking for really minty mint, try Corsican mint *(M. Requientii.)*

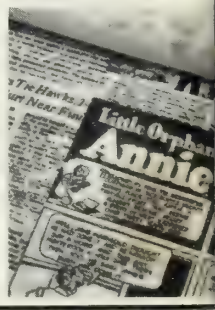
Caring for potted mints is easy if you remember to provide two things: a rich soil and plenty of water. Mints grow naturally in moist ground, so it's almost impossible to overwater them. As to soil, any rich potting soil high in organic matter will do. So will almost any fertilizer, though I find that my plants prefer a periodic dose of deodorized fish emulsion.

Send for the free herb catalogue from Caprilands Herb Farm, Coventry, Conn. 06328.

RICHARD LANGER

Annie's dandy

Annie and Sandy are the hits of Broadway these days. Annie is Andrea McArdle, original star of *Annie* and Sandy is her loyal pal. Ms. McArdle had her own plan for the decoration of her dressing room and interior designer Gary Crain, with some help from the F. Schumacher Company, was able to put it together for her. She wanted to soften the box-like shape of the room, so Mr. Crain took yards and yards of "Little Orphan Annie" fabric, *below,* and draped it like a tent. The fabric is black and white, and she says she can even read it. "I also had the choice between a small bathroom and a pinball machine. I took the machine for fun." The fabric costs about $11.50 a yard at fine stores.



Source materials

For those who weave, pot, carve, mold, or design—in short, for anyone who works in a craft of any kind, here's a new compendium, Contemporary Crafts Marketplace 1977-1978, of information. It's a guide to courses, suppliers, galleries, publications. By the American Crafts Council (Bowker).





Congress saves the SHIP

Good news for those interested in preserving older houses in older neighborhoods: The Carter administration has broadened the SHIP/312 program—Small Homeowners Improvement Program—to include "areas of concentrated community activity" such as the rehabilitation of declining neighborhoods. Congress has appropriated a total of $80 million for fiscal 1978 with $67 million designated for homes. Successful applicants, who must live in and own their own home, can borrow rehabilitation money up to $27,000 per living unit, not to exceed four apartments or a store and apartments at a once-in-a-lifetime rate of 3 percent! If monthly charges exceed 20 percent of the owner's income, the program permits refinancing of the existing mortgage. Monthly carrying charges for a 20-year, one-unit loan of $27,000 are about $150, $300 for a 2-unit, $54,000 loan. The key phrase is "areas of concentrated community development activity." You'll have a better chance if you can get other homeowners in the neighborhood to participate, too. Contact your city housing department or the regional office of the U.S. Department of Housing and Urban Development.

WRIGHT JOHNSON

Even though you're still Daddy's little girl, show him you've become a woman of taste.




Thanks for the

memories.



The Ile de France sailed through moonlit waters. Fitzgerald wrote. Josephine Baker sang. Champagne bubbled. In Newport, parties roared.

Ah luxury. The days when beds were paradise. Soft as clouds and covered in sheets that felt like silk.

These sheets are not just a fond memory. At Wamsutta they still exist.

They are The Supercales. Woven of 200 intricate threads per inch, they have a rich, silken texture. These are truly the finest of bed linens.

There is Supercale, and there is Supercale Plus.

Supercale is the original luxury bed linen. Since 1849 Wamsutta has made these magnificent all-cotton percale sheets, and we have never stopped.

Supercale Plus is the only 200 count percale in existence that blends 50% Fortrel® polyester with 50% combed cotton. Thus it has a wonderful no-iron ease and a matchless lush texture.

Only Wamsutta could combine the care and craftsmanship of the past with the technology of today to develop sheeting of such superb quality.

Both are available ready-made. Or custom-made to fit any bed of any size. In an assortment of exquisite trims ranging from monograms to lavish Swiss and Schiffli embroiderings. In the prettiest colors of the rainbow.

There are no bed linens today comparable to The Supercales. And they come to you lovingly trimmed and finished and folded in beautiful packages tied with ribbons.

Experience the Supercales. The luxury of yesterday for today.

The Supercales. Wamsutta® BedCouture.

Wamsutta Mills, Div. M. Lowenstein & Sons, 1 West 40th St. N.Y.

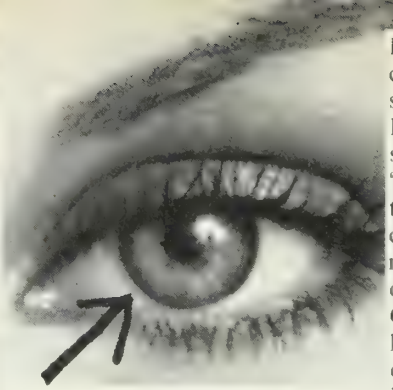
Living



Phillipa Lawrence, specialist in fabrics

A question of care

You can learn how to preserve and restore valuable old fabrics—interesting to anyone involved in historical restoration or setting up a costume exhibit—from Phillipa Lawrence, a Churchill Fellow of 1977 and a specialist in the care and handling of precious fabrics. Miss Lawrence is Director of the Textile Conservation Rooms at Knole, the stately home in Kent, England, once the family seat of the Sackvilles, built in 1603. She has 140 volunteers in her workshop where she maintains hangings, carpets, and other fabrics in the house. As of 1979, workshops for American visitors will be held at Knole through the aid of the Royal Oak Foundation in New York. She'll teach techniques "that can be readily applied on the American side of the Atlantic," she says. Write to R.O.F., 41 E. 72nd St., New York, N.Y. 10021.



The shape of 20/20

According to the National Eye Research Foundation, more than 100 million Americans wear glasses or contact lenses. Still in its experimental stages, "orthokeratology" may help eliminate the dependency on glasses or lenses for many people. It involves changing the cornea shape, the watch-like crystal that protects the iris. The cornea is reshaped with specially designed contact lenses over 1 to 2 years. Dr. Donald H. Harris, chairman of the Ortho-K section of the National Eye Research Foundation describes the treatment as "changing the eye in much the same way as an orthodontist realigns teeth." The most commonly treated condition is nearsightedness. Changing cornea curvature lets light enter it at a new, different angle, which helps improve vision. Dr. Thomas Tredici, Chief of Ophthalmology at the U.S.A.F. School of Aerospace Medicine in San Antonio has been involved in research to determine the potential of Ortho-K. "The orthokeratology fitting procedures deserve continuing scientific evaluation so as to better predict in which cases it will be worth the time and expense of the treatment." Write the National Eye Research Foundation, 18 S. Michigan, Chicago, Ill. 60603.

Health

Safety news

When you buy a microwave oven, it's a good idea right then and there to make arrangements for a representative of the manufacturer to check it after the oven has been installed. Thereafter, a yearly checkup for microwave oven leakage around the insulating door will keep you up-to-date on the oven's safety. If, however, you can't easily get a professional to evaluate your oven, here's help. "Guard-Rod" is a compact, handheld device you can use at home to check radiation insulation. The Bureau of Radiological Health, which regulates the permissible amount of leakage for microwave ovens, allows a rate of 5 milliwatts per square centimeter when the oven is being used. The rod will be able to tell you if your oven is registering more or less. The rod costs $19.95. Write Tanray Associates, Box 99, Elberon, N.J. 07740.

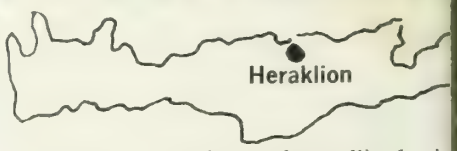


A handheld device lets you check leakage

Departure points



. . . . and the Aegean, too!

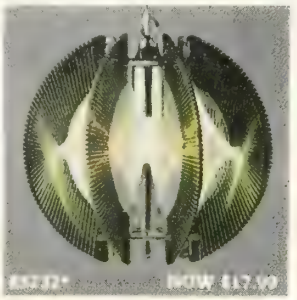


Hollyhocks grow wild and the watermelon is sweet. This is Crete in July. Ours was a family vacation. Everyone, we were told, stays at The Minos Beach, but we couldn't get in. This is what *we* found —Ikaros Village in Malia, an hour's drive east from the port of Heraklion. Built recently as an old Cretan village the houses are of stone in shapes of squares and turrets, sitting in wreathes of flowers, waist-high in daisies and carnations. And the second floor, our son said, "was right next to the sunset." The native woven fabrics and rugs are bright and gay, the furniture similar to Shaker designs. All this and the Aegean, too. Crashing waves to sleep by, a wide beach for the day, a heated pool, a shop or two, and meals on the terrace. The Archaeological Museum in Heraklion is a *must*, if only to see the restored frescoes from Knossos. It also has the finest collection of early European ceramics in the world. On the square near the museum, we picnicked in a lovely gazebo trellised with blue morning-glories and coral trumpet flowers. Lunch was flat, round Cretan bread, feta cheese, and cherries. Later we drove 4 miles to the famed reconstructed Knossos, a triumph of Minoan architecture; royal rooms painted a deep red, pottery jars tall enough to stand in. To the south, a narrow road winds around Mount Lasithi and descends to the Plateau of Lasithi, where hundreds of windmills harness the wind for irrigation. Drive east to Aghios Nikolaos for superb seafood and visit the cottage complex of Minos Beach. Then drive west to Agonia, the weaving center. Rent a sturdy car as the long backbone of Crete is a central 140-mile-long mountain range. Olympic Airways flies from Athens to Heraklion. Write Ikaros Village, Malia, Crete, Greece. DEE HARDIE

Save 20% on All Sears Swag Lighting.
On sale June 4 – July 1, 1978.













Sears Lighting Boutique is the place for savings this month, with Sears entire line of Swag Lighting sale priced at 20% off. You can choose from a wide range of Contemporary and Traditional Swags, in many colors, all with durable brass or chrome-plated steel link swag chains. They add a handsome accent to almost any decor. And installation is do-it-yourself easy, with no special wiring needed.

Swag Lighting from Sears Lighting Boutique. On sale now. Available now at most Sears retail stores. Prices higher in Alaska and Hawaii.



Sears
Lighting Boutique

© Sears, Roebuck and Co. 1978

This fixture on sale through July 29, 1978.

Living

Plates from plants

They're salad plates that come in two sets of patterns: four ferns and four grasses taken from plants at The New York Botanical Garden and then applied to plates. The colors are simple vegetal green with white; each is different, detailed, and botanically correct. $35 a set of four by Block China to order from The New York Botanical Garden, Gift Shop, Bronx, New York, N.Y. 10458.



Cat's sup

"Cats require more protein than dogs," says Dr. Quinton Rogers, Professor of Physiological Chemistry at the University of California, Davis. "We're studying amino acid requirements to try to find out why. It is essential that your cat gets a high protein diet."

"There are two assurances to look for on a cat food label," says Dr. Mark L. Morris Jr., president of Theracon, an animal-diet-research consultant firm in Topeka, Kans. "One is a claim on the label that says 'complete and balanced,' 'meets or exceeds the nutrient requirements as stated by the National Research Council of the National Academy of Science,' or 'nutritionally adequate.' Another is that the product has been tested according to the standard of the AAFCO, an organization of feed control experts from the fifty states."

Dr. Morris suggests that when you buy cat food you bear in mind that:

. . . if your cat likes dry cat foods keep a dish of water always on hand.

. . . milk is not necessary for every cat, and they don't need it after weaning.

. . . the lower the percentage of ash in the product the better for your cat. Choose one that has no more than 7 percent in it.

Pet News



A brilliant stroke

"Imaginative," "witty," and "humorous" describe new pieces by artist-sculptor Michael Russo (Living, April, 1976). Table and chairs resemble an artist's palette. The group is designed in two sizes —for adults and children. The pieces can stand alone as sculpture or function as table and chairs. Chairs, from $50; tables, $200. Gallery Furnique, 227 W. 28th St., New York, N.Y. 10001.





Pocket for bedside

Bedside accessories can be the most luxurious—a lacquer tray, a tummytele, a sachet tucked into a lace-eyelet pillow. Here's a simple, practical "vest pocket" for your bed to hold all the niceties as well as necessities.

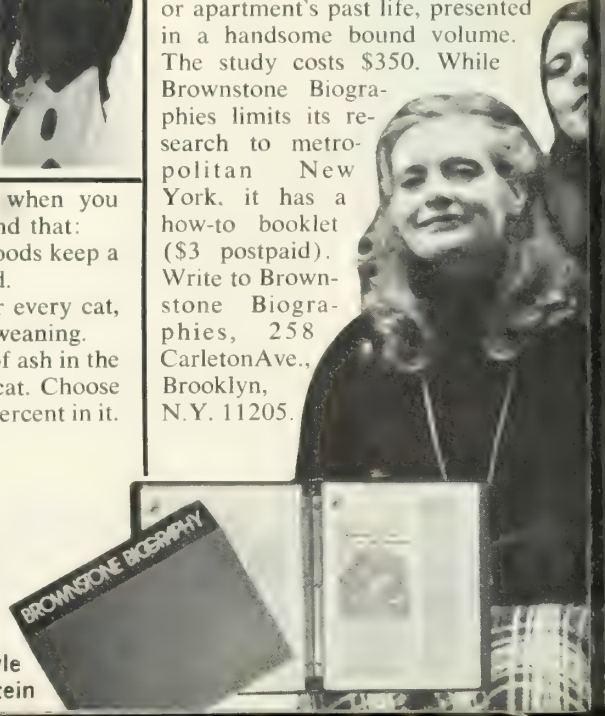
Material: ⅔ of a yard of a washable fabric 45 inc wide. Double the amoun you'd like your pouch quil *Instructions:* Cut three pi of fabric, 15 by 23 inc long: 15 by 11 inches; 15 7 inches. Using seam binc bind the 15-inch length each of the two smaller pie Place the two unbound inch edges together, right s up and pin. To form pock Starting at the raw edge ending at the bound edge the top piece of fabric, two rows of stitching, on inches from one side, the er 8 inches from the same s Place these two pieces, r sewn together, on top of third piece of fabric, all ri sides facing up and ba around the edges. Bind all way around with binding.

This design and instr tions are by Frances P lips, assistant fabrics edito House & Garden. She s gests that you tuck the poc between the mattress box spring your bed, ab a foot's wo of fabric. weight of the matt will keep it secure.

Decorating Idea

House roots

Does your house have ghosts you can identify? Ever wondered who its pas tenants were? If so, *Brownstone Biogra phies* may be able to help. Robert Kyle, a writer, and Ruth Goldstein, professional historical researcher, spen several weeks poring over land records voter registration rolls, census records business and social directories. The re sult is a vivid account of your row hous or apartment's past life, presented in a handsome bound volume. The study costs $350. While Brownstone Biographies limits its research to metropolitan New York, it has a how-to booklet ($3 postpaid). Write to Brownstone Biographies, 258 CarletonAve., Brooklyn, N.Y. 11205.



Biographers Kyle and Goldstein


BENSON & HEDGES
Menthol 100's
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100's
"B&H, I like your style."
Benson & Hedges
100's
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

rejuvenate!

Your surroundings need a beauty treatment now and then. If it's now, start by reading DECORATING: A House & Garden Guide. It's full of ideas for simplified summer decorating to give your house or apartment a new lease on life . . . especially with "Color: The Almost-Magic." Throughout, carefree comfort is as much a consideration as marvelous looks. Look for the summer edition of DECORATING at your favorite newsstand starting May 16, or write for it at the address below.



SUMMER 1978
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If your dealer's sold out, send a check or money order for $2.75 (includes postage and handling) payable to DECORATING: A HOUSE & GARDEN GUIDE, to the following address:

House & Garden, Dept. D-SUM '78 P.O. Box 1910 Grand Central Station, New York, N.Y. 10017

■ QUESTIONS & ANSWERS

ANTIQUES



BY LOUISE ADE BOGER

Eastlake style chair



We are told our rocker is an Eastlake. Can you clarify this for us? Who was Eastlake? N.H.S.—Havertown, Pa.

Your platform rocking chair, dating around 1880, is in the Eastlake style, which derives its name from Charles Locke Eastlake, English architect, artist, and author, whose book, *Hints on Household Taste in Furniture, Upholstery and Other Details* (1868) had considerable success in America. A so-called Eastlake style appeared, which the author disowned in his preface to the fourth edition. "I find American tradesmen continually advertising what they are pleased to call 'Eastlake' furniture, with the production of which I have had nothing to do, and for the taste of which I should be very sorry to be considered responsible."

American butter dish



Can you tell me who made my butter dish and whether it is very old? F.C.C.—Raleigh, N.C.

The Victor Silver Company mark was used on a less expensive line by the International Silver Company on its Derby Silver Plate Company division of Derby, Conn. This trademark was first used in 1904, discontinued perhaps about 1925.

Ku ceremonial cup



These vessels were bought in China in the early 1900s. Can you tell me anything about them? T.L.—Vashon, Wash.

Your bronze vessels are late 19th-century reproductions. The casting is markedly inferior to that of the original vessels dating from the Shang Dynasty (c. 1500-1200 B.C.). The form is a Ku ceremonial cup; the original ones were actually round rather than square and are often described as "beaker" shaped.

Speaking Dog bank



Do you know who made my coin bank? When the girl deposits the coin, which is placed on a plate in her hand, the dog wags its tail and opens his mouth as if "speaking." L.A.—Seattle, Wash.

This mechanical bank, patented July 14, 1885, was designed by Peter Adams Jr. and Charles G. Shepard and manufactured by the Shepard Co. of Buffalo, N.Y. In 1892, Shepard sold its line of banks to J. & E. Stevens of Cromwell, Conn., who started to manufacture this model sometime in the same year. Most collectors think this was one of a limited number of banks appealing to girls. Others are Girl Skipping Rope, Girl in Victorian Chair, and probably Red Riding Hood. *(Continued on page 18)*

Beginners can be choosers.



One way to get off on the right foot is to start out with the right phone. A phone that's not only genuinely you, but also genuine Bell.

Bell telephones come in a wide choice of shapes, colors, and styles.

Plus a variety of customized calling services.

So it's easy to find a phone that's right for you. A phone you can live with.

Happily ever after.

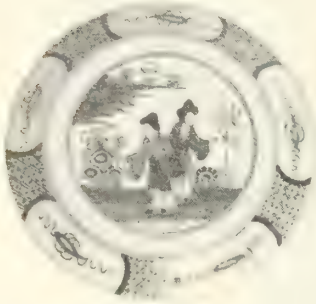
Bell System



BE CHOOSEY

continued from page 16

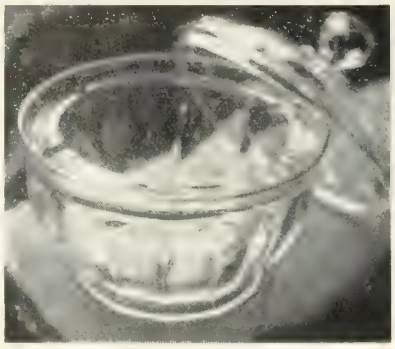
Delft dish



I understand my early 18th-century Dutch Delft dish is faïence. What is the difference between faïence and majolica? M.G.—Chestnut Hill, Pa.

Both faïence and majolica are tin-glazed pottery—characterized by the use of a lead-glaze made opaque and white by the addition of ashes of tin. Tin-glazed pottery is confusingly known by different names in various countries—majolica in Italy, faïence in France, etc.—but is essentially the same everywhere. After an article was shaped, it was fired without glaze and dipped in the tin glaze. It was then ready for the painter; the glaze and painted decoration were fired at the same time, thus colors were limited to those which would stand the relatively high temperature of the glaze-firing—cobalts for blue, manganese for purple, copper for green, antimony for yellow, and iron for brick red.

Colonial Revival bowl



Can you tell me the name of the pattern of my glass bowl and how old the bowl might be? C.N.—W. Canaan, N.H.

The name of the pattern of your covered glass bowl is Ashburton, one of the earliest American patterns of pressed glass tablewares. It was introduced in the early 1840s, and its massive oval and arch motifs exerted great appeal. Ashburton and other early patterns are currently called Colonial by collectors. Your bowl, in the Colonial Revival mode, was probably made in the Edwardian era, 1901-1910.

Bohemian mark



I have drawn the mark that's on my dinnerware. Can you give me any information about where it was made and when? R.G.F.—Mankato, Minn.

Your tableware was made by the Victoria Porcelain factory started in 1883 at Altrohlau, near Carlsbad, Bohemia, Austria. It dates from after 1890 and before about 1920.



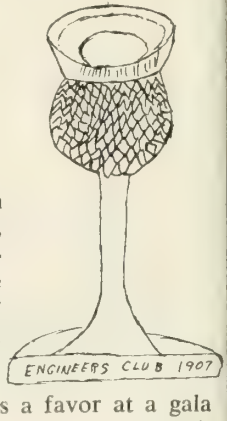
Maryland clock

I have an old clock marked John Fessler. Who was he and can you tell me about how old the clock is? S.W.—St. Michaels, Md.

John Fessler Sr. (1757-1820), clock and watchmaker working at Frederick, Md. about 1785-1820, is said to have been a native of Switzerland and to have settled at Lancaster, Pa., before the Revolution. His son of the same name was a clock and watchmaker working at Frederick at the opening of the 19th century and continued his father's business. (The name John Fessler & Son appears on an early 19th-century tall case clock.) Your clock dates about 1790-1800. It is unusual for an American clock to have so much "going on"; for example, so many hands—a second hand, sweep hand, and calendar hand, plus the phases of the moon in the arched portion of the dial.

Thistle cup favor

From my rough sketch of this cup, can you tell me anything about its use and where it is from? J.W.C.—Lakeland, Fla.



Your thistle cup was a favor at a gala held on December 9, 1907, at the Engineers' Club in honor of Andrew Carnegie, whose generous gift made possible the new and present clubhouse in New York City, opened to members on April 25, 1907. The thistle is the national flower of Scotland.

A handsome chest for practical storage or elegant accent recalling the less formal furniture made during the late 17th Century in England and America. Such careful interpretation of ageless themes—traditional with Henredon—is found throughout Folio Twelve, a bedroom and occasional collection of warm country English spirit. Send $1.00 for brochure to Henredon, Dept. G-68, Morganton, NC 28655.



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Dream your dreams in color, with Classic Chromatics by Fieldcrest. Dramatic new combinations of fashion colors in percale sheets and pillowcases. Coordinating comforters and accessories too.

HOW TO STRETCH YOUR VACATION DOLLARS



Take advantage of the airlines price war. Here's a rundown of the bargain fares this summer

BY PAUL GROSS

If ever there was a time to take off to an unknown, exotic place for a vacation, it is now. Thanks to the air-fare war between the airlines, getting there is not only half the fun but also half the price it used to cost. What's more, despite the dollar weakness in some countries, there are other places where it is still strong. So, play the world as it turns. Head to a new place that you might not have thought of before.

For example, our greenbacks still go a long way in Canada, Mexico, Central America, and almost all of South America. (Rio de Janeiro, and Caracas, Venezuela are somewhat more expensive than other parts of South America.)

If you're intent on a European visit, you'll find that your money will go the farthest in Portugal, Spain, England, and many of the Eastern European countries.

If you are considering a trip to the Orient or the Pacific, investigate Australia, New Zealand, and islands such as Fiji. Your money will still go a long way there. And you don't have to understand another language if you go to Australia and New Zealand. While Hong Kong and Japan are far more exotic, they are also more expensive.

Deciding how you'll get there is somewhat more confusing than settling on a country to vacation in. Consider: On the domestic leg of your trip, you have a choice of Freedom Fares, Super Savers, Unlimited Travel Fare, Super No-Frill, Peanuts, and Weekend Excursion Fares. Then in arranging for the hop abroad, you can choose among 14-to-21-Day Excursions, Advanced Purchase Excursion (APEX), Budget, and Stand-by fares. And thats not even taking into consideration some of the charter packages such as Advance Booking Charters (ABC), Travel Group Charters (TGC), Affinity Group Charters, and Inclusive Tour Charters (ITC). Shopping around for the cheapest fare possible really pays off handsomely. After all, the more you save on the fare to get you there, the more you'll have to spend when you finally arrive.

If you don't live in a so-called gateway city, say New York, Chicago, Miami, Atlanta, Dallas, or Los Angeles, with direct flights abroad, look for the cheapest way to get to your departure point.

Super Savers, which are available on most routes between the East and West Coast, offer as much as a 45 percent discount from the regular round-trip fare. You have to make your reservations and purchase your tickets at least 30 days before departing. You also have to return between 7 and 45 days after departing. Note, however, that only a limited number of seats are set aside for Super Saver fares. This limitation on seat availability also applies to similar air-fare deals such as the Super Coach fare.

Super Coach, which are available from the Midwest to the East and West Coasts, are up to 30 percent cheaper than the regular fare. Note however that this fare is only available on nonstop flights between *select* cities. There are no advance reservation and purchase requirements. Buying a round-trip isn't necessary, either.

Simple Saver, offered by most airlines that aren't allowed to fly nonstop between certain cities, are 30 percent less expensive than what other airlines would charge you for a nonstop flight between those cities. There are no reservation, purchase, or round-trip requirements.

Unlimited Travel fares let you fly to anywhere on an airline's system and back for a flat $323. As you might expect, there are some restrictions. You have to go with another adult or two children, buy tickets at least 14 days in advance, and return within 7 and 21 days after departing. Note also that you have to make at least 3 stopovers. Despite the restrictions, it's still an incredible deal, because you could fly from, say, a city in the Northeast to an island in the Caribbean, on to Florida, then to Southern California or even Mexico, on to Washington state and then home again—providing the airline served all those places.

Peanuts, available on routes in the South and Midwest, offer as much as a 20 percent discount from regular fares. The only restriction is that you must return within 30 days.

On the international legs of your trip, you'll probably want to take advantage of one of the new fares that have been designed to be competitive with charter packages. Here's a rundown:

A 14-to-21-Day Excursion fare is some 10 to 20 percent cheaper than a regular economy fare to Europe. The only requirements are that you buy a round-trip ticket and return 14 to 21 days after departing.

A 22-to-45-Day Excursion fare will give you as much as a 30 percent discount from an economy fare to Europe. You must buy a round-trip ticket and return between 22 and 45 days after you start your trip.

A 14-to-28-Day Excursion fare is some 15 to 20 percent cheaper than an economy fare to South America. You must return between 14 and 28 days after departing.

A 29-to-45-Day Excursion fare is some 25 to 30 percent lower than a regular economy fare to South America. You have to return between 29 and 45 days

Continued on page 22

The Funny Money Game

5 tips that help your pocketbook

1. When planning a vacation abroad, **change your money here** before you leave. For one thing, you'll probably get a better exchange rate. For another, you'll have enough time to become familiar with the money and how much a given denomination is worth in our currency. Finally, you'll save time when you reach your destination. Standing in line in front of a currency exchange window is not the ideal way to start a vacation.

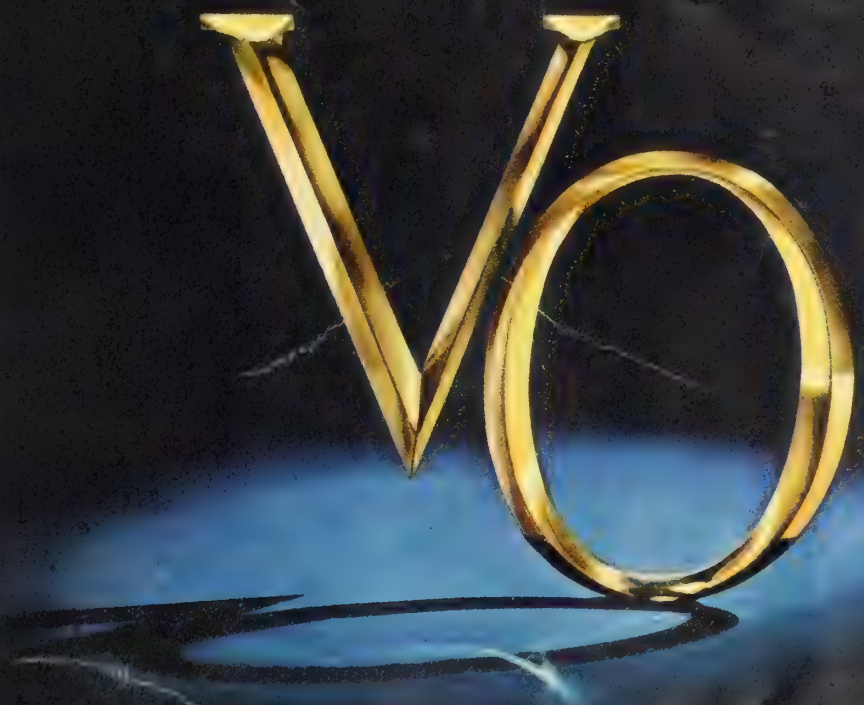
2. Go to a bank to exchange your money, if you run short of currency. Restaurants, merchants, and hotels will probably exchange money for you. But the exchange rate they'll usually use leaves a lot to be desired. You could wind up paying as much as a 20 percent premium.

3. Keep all your credit card receipts. On occasion, vacationers from trips abroad have found discrepancies in their final bills. One traveler we know used his card to buy a $7 wallet. When he returned, he discovered that the card company was billing him for a $27 purchase. Since he didn't have a receipt, there was very little he could do—except pay the bill.

4. Be judicious about using your credit cards abroad. The amount you charge will be converted into dollars when the bill is processed—which could be two or more weeks after you made the purchase. If the dollar drops in the meantime, you might wind up paying much more than you thought you were going to.

5. Consider carrying a few Swiss francs and German marks as a back-up currency when going to Europe. They're the strongest currencies in Europe and can be used anywhere at a fair rate of exchange if you run short of the local currency.

Give Dad a distinguished name.
After all, he gave you one.



Seagram's V.O.

Bottled in Canada. Preferred throughout the world.

CANADIAN WHISKY. A BLEND OF CANADA'S FINEST WHISKIES. 6 YEARS OLD. 86.8 PROOF. SEAGRAM DISTILLERS CO., N.Y.C.

Historic Charleston Collection, by Baker Furniture





Baker Furniture, Commissioned by the Historic Charleston Foundation, has reproduced rare antiques found in centuries-old Charleston homes and museums. Rice, which once brought wealth to Charleston, is honored in the rice fronds hand carved into the bedposts. The original of the chest-on-chest is attributed to Charleston's master craftsman, Thomas Elfe. The catalogue, $4.00. Dept. 940, 10 Milling Road, Holland, Mich. 49423.

Baker Furniture
A North American Philips Company

after leaving.

If you're thinking of vacationing in Canada, consider Air Canada's Super Budget fare, which offers a discount of as much as 42 percent from the regular fare. The only restriction is that you buy your ticket 30 days in advance.

While a number of airlines have proposed discount fares to the Far East, many of them have not been approved by the governments involved. Hence you would be well-advised to ask your travel agent for advice. That's a wise idea regardless of where you want to fly. The airlines are literally waging a fare war and fares can change overnight.

Charters are probably the cheapest way to vacation abroad. However, many sophisticated travelers tend to shun charters because of all the strings that are attached to the low cost. For one thing, you have to make your itinerary fit that of the charter. Departures are often delayed and, in fact, the trip itself could be cancelled if enough seats aren't sold. With some charters, you have to book well in advance. And if you have to change your travel plans, only a portion of your ticket may be refunded—unless you have a valid medical excuse.

Advance Booking Charters are the newest and simplest deals around. Anybody can take them; you don't have to belong to a group. You need pay only 15 days in advance. You are restricted, however, in terms of charters available.

Travel Group Charters are slightly more complicated. You have to buy your ticket 60 days in advance and cannot return before 7 days if you travel within the U.S., 10 days if you go abroad. If you cancel out, you'll have to pay a penalty. How much depends on how late you cancel out. However, if you can get someone else to take your place, the penalty may amount to only $50 or so. Do note that you and the other charter passengers may have to pick up some of the cost of seats left vacant by people who cancel out. The cost of your ticket cannot rise by more than 20 percent of what you were charged originally.

One Stop Charters include ground arrangements. How much you'll have to pay depends on the destination and the type of ground arrangements you choose. You would be wise to get the travel agent to specify which hotel you'll be staying at. Then look up the hotel in one of the better travel guides to make sure it's a place you will be comfortable with. You must buy your ticket at least 15 days in advance if it's a domestic charter, 30 days if you're going abroad. There's a 4-day minimum stay required for domestic charters, 7 days for foreign.

Inclusive Tour Charters are like One Stop Charters except that you must spend at least one night in three different cities if it's a domestic charter, three different countries if it's international. ■

PLOUGH, INC. 1978



Got a minute?
Get a tan.



Got a minute?
Get a tan.



Got a minute?
Get a tan.

Sudden Tan® by Coppertone tans on touch. For a tan that lasts for days.

For a touch of tan or a tan touch-up. On your legs, face or anyplace.

Sudden Tan. With a special blend of moisturizers for your skin.

In bronzing lotion and bronzing foam.



Sudden Tan.

Your BEST LOOK and how to find it

Who says "beauty is skin deep?" Pablo Manzoni talks about the inner sources and the private pleasures of making yourself look great. By Paula Rice Jackson

EDITOR'S NOTE: Pablo Manzoni won the Coty Fashion Award in 1965, only one year after coming to America from Italy where he was beauty director of Elizabeth Arden's Italian salons. He has since become world-famous for the looks he has created for some of the most glamorous and beautiful women. As creative director for Elizabeth Arden, Mr. Manzoni travels and lectures extensively across America, his subject being the art of looking wonderful, which he admits has fascinated him all his life. He works directly with Arden's research laboratories to develop products. His book, Instant Beauty, *was published in April by Simon and Schuster.*

Pablo's work kit is a tool chest three-drawers-deep, filled with brushes, compact cases and small bottles of color



■ Finding the look that's wholly, naturally you," says Pablo Manzoni, "is a matter of honesty bolstered with discipline. . . a word we haven't heard in quite some time." He gives a wide, delighted smile and continues to talk, using his very expressive forehead to help him emphasize his thoughts. "Just how do you go about it? Well, I imagine it happening something like this. . . . Take a woman and wrap her in a fresh towel and sit her down in front of a mirror with a lamp on each side. Her face should be freshly cleansed and her hair brushed-back and away from her face. Remove every material vestige from the mirror's reflection—no bottles or tubes lying on the tabletop, no jewelry or accessories to distract her attention, nothing to remind her of the image she projects every day. After all, we're interested in Discovery in this exercise. Now, what a woman looks *at* is her reflection in the mirror. What I would like her to do is look *to* her fantasy of herself as well. I believe that every woman has a dream of herself that differs from the image she associates with the here-and-now. Successful makeup requires focusing both—the dream of beauty and the reality of the face she sees.

Continued on page 27



SUSAN WOOD

Makeup for TODAY'S FACE

"It is especially true with makeup. . . . that less is more," says Pablo. "Here's a believable look in six products:

- foundation to even out the textu and coloring of the face
- blusher
- two eyeshadow
- lip gloss or lipstick
- healthy coats of mascara, the more the better in this case only

If you forego everything else, let th eyes have it!

If you are a woman who wants more than the minimum, you should include:

- two foundation sheer for daytime, slightly heavier coverage for even
- translucent fac powder for the T-zone, forehead, nose, chin
- lipstick, gloss, and lip pencil"

Pablo's tips for *Summer*

1 Lavish fragrance on your body as if it were water.

2 Apply a sun block on your first day in the sun. Then m the block with a lotion with a less protective sun factor for overall protection. Decrease the amount of block as your skin can take it and always follow through with a moisturizer when you come in out of the sun.

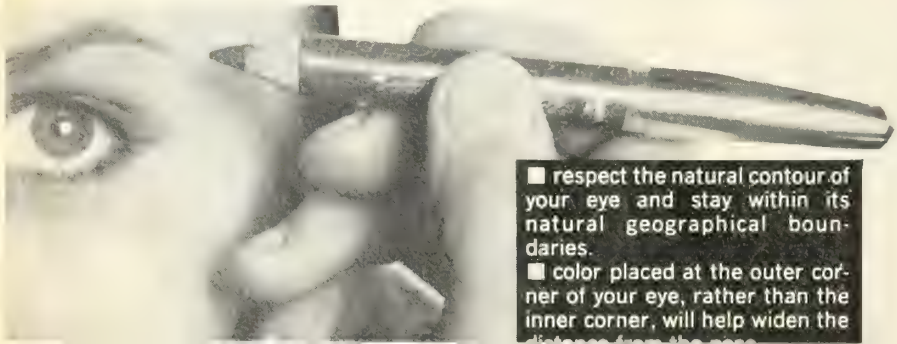
3 Soak your feet in Epsom salts, dry them, and give them a good rubbing with cologne.

4 Wear your summer fragrance around your ankles so th scent can rise to where your nose will love it.

5 Once a week give yourself a complete body treatment with Arden's Eight Hour Cream. The smell is pure flowers and by the time your skin has absorbed the cream usually overnight, the texture will have turned to silk.

How to draw an EYE

"Eyes are the focus of the face. Think of making them up in such a way as to increase their distance from the nose, and to emphasize the serenity of a clear forehead.



■ respect the natural contour of your eye and stay within its natural geographical boundaries.

■ color placed at the outer corner of your eye, rather than the inner corner, will help widen the

■ *use: sponge-tipped applicators, cotton swabs for blending, liner and a brush, crayon pencils, mascara and brush, eyebrow brush, and have some extra tissues on hand.*

■ *choose eyeshadow colors that harmonize with the color of your eyes, not your clothes or your hair.*

■ *color the lid only, or for a total contour, stroke a bit of color under the eye. Don't color the brow bone with any other color than a cocoa-pecan or a cinnamon. The soft brown shading helps reduce puffiness around the eye should there be any.*

■ *use lots and lots and lots of mascara. It is probably the most feminine makeup tool to produce flirty eyes."*


LIPS AND NAILS CIRCA 1978
L'ORÉAL®
Crème
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Once a week is not enough.

If you have dry skin,

you probably think the ultimate treatment for it is a long soak in a tub with bath oil. But your busy schedule may only permit that luxury once a week. And that's not enough.

Dry skin needs help every day. Every time you bathe or shower. Or it gets itchier, scalier, harder to live with. And that's why Neutrogena® Body Oil was developed.

Neutrogena Body Oil is a new concept in dry skin treatment, for women who don't have time to soak in a tub. It's a pure, light, natural sesame oil formula that gives you the "soaking-in" benefits of bath oil, but in a non-greasy form, so it can be put directly on your skin.

Doesn't it feel greasy? No. Unlike ordinary bath oils which are made from mineral oil, the unusual sesame oil formula of Neutrogena Body Oil is quickly absorbed by your wet skin. You apply it right after you shower or bathe. No waste. No staining your clothes.

Safe and mild. Medical tests have shown that no other oil tested is less irritating. That's why dermatologists can recommend it.

It's more expensive to put sesame oil in our formula, but the results are well worth it to your dry skin. Try it today. And tomorrow. You'll want to use it every day. Because nothing will make your dry skin feel better.



Neutrogena® Body Oil

THE DRY SKIN TREATMENT YOU CAN USE EVERY DAY

©Neutrogena Corp. 1978

ur best look
ntinued from page 24

now yourself, ccept yourself

Vith her fingers she should carefully ex-ine her bone structure. It's the founda-n of everything. It determines whether r face is round or sharply angled; it will e her a new sense of modeling. Second, checks for the condition of her skin. Is skin in a condition appropriate to her e: slight crow's-feet at 30, slightly pro-unced laugh-lines at 40, changes of mus- elasticity at 50, lined at 60? Life is ange and aging is natural. One's at-ıdes determine so much of what not only ows up on one's face, but what shows up the eyes, in the voice, by the gait, ough the whole woman. The most beau-ul woman is beautiful because she is mulated by her life and takes an interest what's around her. This is my personal inion. The next question for the woman the mirror should be, 'what do I like out my face?' Does she like the size of r eyes, does she dislike the shape of her se? Does she approve the shape of her ows? Is she pleased with the condition of r skin? She should just look at the things e likes first. Then she looks at the things e doesn't like. What's important is how react to things we dislike and beauty is ry much an attitude of being pleased. ıe face will show which side has won.

Now, after she has examined her facial ucture, her skin, her assets and flaws, I ink it is important that she focus on her es. They are so effective for communicat-g feelings and they reveal a great deal out a woman. Even if she uses little akeup, she should remember that the es command and she should pay a great al of attention to them.

When a woman makes up she should be re to check both profiles in the mirror fore she finishes. The look of a face om the side is quite different from the ok straight on. We should know what e're about from all views.

Finally, with a lesson in makeup, a oman can learn the latest techniques hich will emphasize her best features."

kin care or today's life

The condition of your skin is one of your eatest assets. That's why every woman eds a cleansing and conditioning regime at is thorough, quick, and leaves her skin eling and looking marvelous.

very woman needs:

- a cleanser for her skin type
- a refreshener for her skin type
- an astringent to tone pores if her skin nds to oiliness
- a mask for refining and refreshing skin
- two moisturizers, used alternately for daytime, if she's under 35, worn alone or under makeup. (The skin benefits from a variety of products that perform the same purpose, so no one product loses its effectiveness)
- two or three night creams, used alternately if she's over 35, used in addition to moisturizers which act as supplements
- an exfoliating lotion to remove surface skin cells, once or twice a week
- a firming lotion for special occasions; a drop under the eyes, around the lips, along the contours of the neck
- concealing cream for special occasions"

Beauty and health products new this month

"There is a magic in makeup that doesn't exist in any other form of fashion, and it is essential for women of all ages. You can totally remake yourself . . . and have fun all the time you're doing it," says *Halston*, one of the nation's most super-talented fashion designers. He's as good as his word, too, because this month introduces his complete regimen of treatments and makeups, many of which

Continued on next page

LENOX



Lenox China. Because what you give says a lot about who you are.
From left to right: Swan, 6" tall, $33.00, Woodland Vase, 8" tall, $17.00, Elfin Bud Vase, hand-decorated with 24K gold, 4½" tall, $10.00, and Florentine Bud Vase, 10" tall, $13.00.

The prices shown are suggested retail prices only.

JUSTERINI & BROOKS Founded 1749

Many try,
but none succeed.
You just can't copy
a true original.

Because it's rare.



86 Proof Blended Scotch Whisky © 1978 Paddington Corp., N.Y.

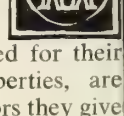
Beauty products *continued from page 2*

come in the now-famous teardrop shaped bottles designed by his friend Elsa Peretti. **Halston Cleanser** is an enriched lotion that leaves a protective veil of emollients on the skin, to be followed up with **Halston Toner**, which contains no alcohol. **Halston Moisturizer** is a non-alkaline, nongreasy formula that has the precious oils of rice bran and camellia which combine beautifully with the emollient-based or water-based makeups. The treatments run from $10 to $16.50 for the moisturizer. There are 8 shades to choose from, according to the foundation formula you prefer, oil-based for extra richness, $25, or water-based for extra sheerness, $15. And, of course, the pressed face powder in the silver-plated heart-shaped compact comes in Transparent Light, Medium, or Deep, $7.50. $7.50 for refills. It also comes in an ivory-colored compact, $7.50. There's even a collection of 6 natural-bristle brushes for eye makeup, rouge, powders, lipstick, $55. Heart-shaped, ivory-colored compacts hold cream or powder rouge, two colors of eyeshadow, cake mascara. Even the lipsticks have heart-shaped cases, ivory-colored, $6, or silver-plate, $15. Halston's collection is at Bloomingdale's, all stores.

Sports enthusiasts, gardeners, anyone who loves the outdoors in summer will welcome *Elizabeth Arden's* new **Visible Difference Special Moisture-Formula for BodyCare** lotion. The lotion has a penetration ability that's up to 25 cell layers deep according to Arden's research laboratories. The result? Something akin to new skin. With a special feel and look that's protected as well as attractive. $10 for 15 ounces, at fine department stores.

Fragrance for men: Try **Fontana**, which is green and woodsy and combines herbs with spices and sandalwood. And as if it weren't enough, a potpourri has been assembled, so he can have the scent in his study or office—wherever he wants. Comes in a red-and-yellow-lacquered straw basket. $10, cologne; $10, potpourri. By *Claire Burke*, at specialty stores, Bloomingdale's, Macy's. P.R.J.

Your fragrance and herbal almanac



The sign: **Gemini**
Circa: May 22-June 21

Ancient herbs, once esteemed for their magical or medicinal properties, are thought of today for the flavors they give to food. Plants relating to Gemini are good examples. Wreaths of parsley once crowned the victors of Grecian games and dill appears in an early Egyptian medical papyrus. Essential ingredients in antique love potions were caraway and licorice. Lily of the valley and lavender are highly valued for their long-lasting, sedative fragrances. **Muguet de Bonheur** from Caron and Yardley's **Old English Lavender** reproduce each to perfection. Also suited to Gemini verve is spirited **Vivara** by Emilio Pucci. MARIA REACHI

The Many Moods of Royal Family.



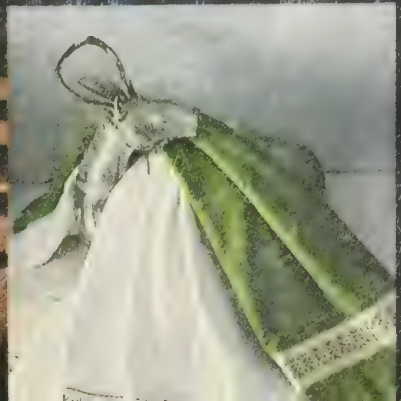












Mood. It's a whim of the moment or a strong conviction. It embraces a sense of style, a love of beauty. Royal Family has it in a wide array of bed and bath ensembles that run the gamut from geometrics to gentle flowers, from traditional to contemporary patterns.

Mood. It's a certain feeling for luxury, for quality. Royal Family has it with soft plush towels in a virtual rainbow of colors. Royal Family also offers extra luxury in exclusive new Comfortcale,™ the very cotton sheet, available in selected patterns.

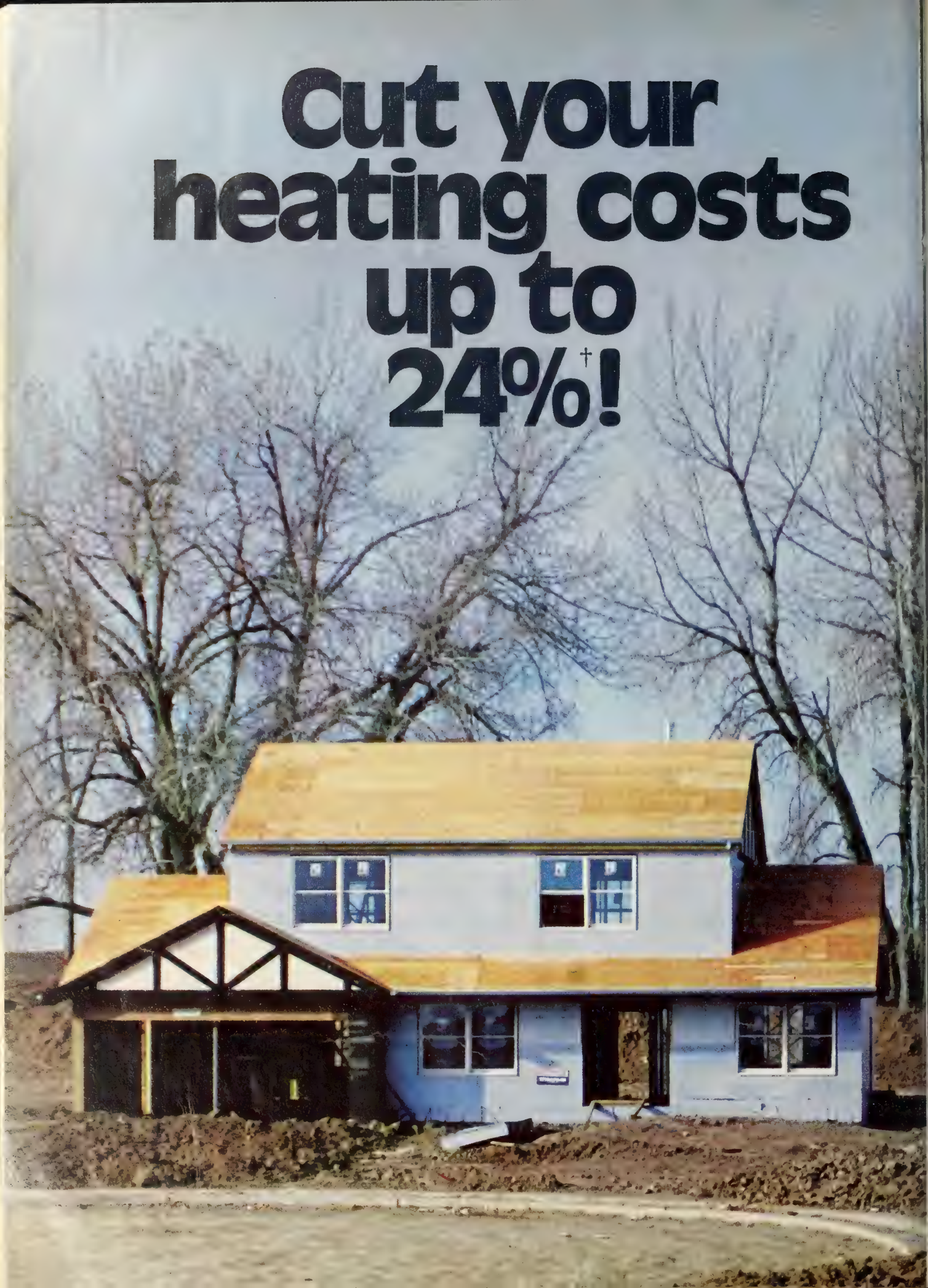
Mood. It's designers like an Oscar de la Renta, constantly seeking the new and different for Cannon, anticipating fashion trends so you always have the last word in bed and bath decor.

Mood. Elusive, profusive—a very personal matter. And the beauty of it all is, no matter what your mood, Royal Family has the mood to match it.

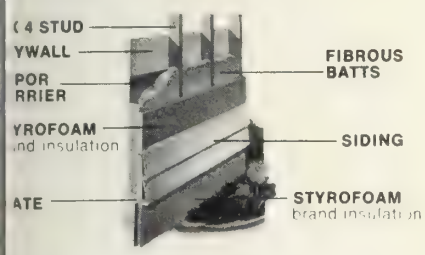
Royal Family by Cannon.®

Cannon Mills, Inc., 1271 Avenue of the Americas, New York, N.Y. 10020

Cut your heating costs up to 24%†!



Have your builder install STYROFOAM* brand insulation from roofline to frostline.



TYROFOAM brand insulation is asy for your builder to install and dds little to the cost of your new ome.

On frame walls, it replaces rdinary sheathing. Tests show it an cut heat loss by 14%.

The tests, conducted by Ohio tate University under a grant om Dow Chemical U.S.A., ompared energy costs of homes dentical except for insulation ystems. (Write for test rocedures and results.)

Outside the foundation, sheets f STYROFOAM brand insulation re applied down to or below the ostline. Applied in this way, real life energy calculations indicate that STYROFOAM brand insulation will cut heat loss an additional 10%.

STYROFOAM brand insulation improves insulation performance three ways:

Cuts conduction heat loss
STYROFOAM brand insulation insulates the entire wall, not just the space between studs—significantly cutting conduction heat loss.

Reduces air infiltration
Because of its snug-fitting tongue and groove design, STYROFOAM brand insulation can greatly reduce air infiltration. Summer and winter.

Helps batts work better
STYROFOAM brand insulation can minimize "convective looping." By keeping the wall cavity warmer, it actually makes batt insulation more effective.

So have the builder of your new home install STYROFOAM brand insulating sheathing in place of ordinary sheathing. Depending on where you build, it can pay for itself in as little as one to three years—and keep on paying dividends for the life of your home.

For more information on how STYROFOAM brand insulation can cut your energy costs, mail our coupon today.

†Some homes will perform better than these test homes. Others not as well. Your energy savings will depend on many factors, such as climate, fuel type, workmanship, house design and living habits of the occupants.

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BRAND INSULATION

DOW

*TYROFOAM brand insulation is combustible and should be properly installed. \ gypsum board interior finish should be used in residential construction. For pecific instructions see Dow literature available from your supplier or from Dow

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The Dow Chemical Company
STYROFOAM brand insulation
Midland, Michigan 48640

Please send me more information on STYROFOAM brand insulation and how it can cut my new home energy costs.

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Address _____

City _____ State _____ Zip Code _____

Telephone _____

BY RICHARD AND JEAN TAYLOR



THE JEEP AND BEYOND

For rugged country and safer driving on the road, you can't beat four-wheel drive

The "Off-Road Revolution" is Detroit's name for the incredible boom in four-wheel drive vehicles that is going on this year. With millions of Americans camping, hiking, getting back to nature, vehicles which can drive virtually anywhere, over any sort of terrain are in tremendous demand. The most remarkable aspect of this automotive trend is that at least 90 percent of the mileage covered by the modern four-wheel drive vehicle is in normal everyday driving on the road. Ten years ago, this would have been impossible. Old-fashioned, four-wheel drive Jeeps could only be used at low speeds, in low-traction, off-road conditions. When you reached the highway, you had to stop and get out, then turn a lever on each front wheel in order to disconnect the four-wheel drive mechanism. For normal driving on roads, your four-wheel drive Jeep had power only in the rear wheels, just like any normal car.

Now things have changed, as a result of a clever and sturdy interaxle differential developed two years ago by the Borg-Warner company, which makes most of the transmissions for American cars. This differential bolts to the back of an automatic transmission and allows "full time" four-wheel drive at any speed, on any surface. It's used now on AMC Jeeps. Chrysler Corporations's New Process Division makes a similar four-wheel drive unit that's used by Chrysler, Ford, and General Motors. There's so much interest in four-wheel drive motoring today that Dana Corporation is working on a four-wheel drive unit which can be bolted to a standard sedan or station wagon, without raising it way up in the air like a Jeep. Once people started driving with full-time, four-wheel drive on the highway, they found it far superior to conventional two-wheel drive, especially under slippery conditions. Because each wheel is under power, a vehicle with full-time, four-wheel drive can safely cruise down rainy, snowy, or icy roads at a speed that wouldn't be possible in a conventional car. Steep hills, tight corners, gravel or dirt roads, mud puddles, potholes, and patches are no problem.

During last winter's snowstorm across the country, the only vehicles on the roads that could move at all were equipped with four-wheel drive. They turned out to be such lifesavers, that many police and fire departments are ordering their new transportation with this go-anywhere-under-any-conditions technology.

Full-time, four-wheel drive is available in a wide range of American vehicles, from the fun-loving Jeep CJ-5 that looks like something out of a World War II movie, to the luxurious Chevrolet Suburban that's really an oversize, elaborate station wagon. By far the most popular models are the two-door station wagons with a removable hard top, called utility vehicles. Dodge, Plymouth, Ford, Chevrolet, Jeep, GMC, and International all make similar utility vehicles. They're all able to seat five,

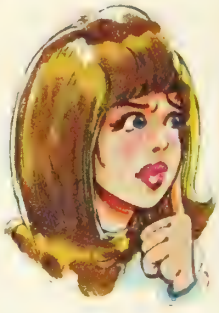
Continued on page 35

To every woman who has noticed something odd about her draperies.

It isn't just your imagination.

Most draperies do look sort of odd and uneven.

That's because ordinary pleats allow them to hang unevenly.



PLEATS THAT ALL HANG ALIKE ARE WHAT MAKE US DIFFERENT. Spring Crest draperies hang uniformly in all positions.

In fact, they can't hang any other way, thanks to a special hidden design in the famous Spring Crest pleat.

So, if your draperies look more like those shown on the left than ours on the right, visit your nearest Spring Crest Drapery Center.

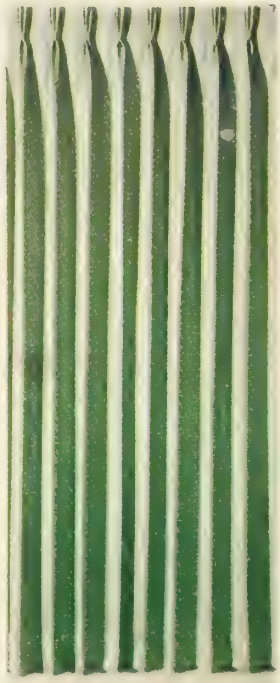
You'll find friendly, expert help and a storeful of fashionable window decorating ideas.



FREE 1978 HOUSE AND GARDEN COLORS. Visit a participating Spring Crest Drapery Center and get a free ring of all the latest decorator colors while they last.

Check the Yellow Pages or write Spring Crest for the location nearest you.

Choice franchise areas still available.



THEIRS



OURS

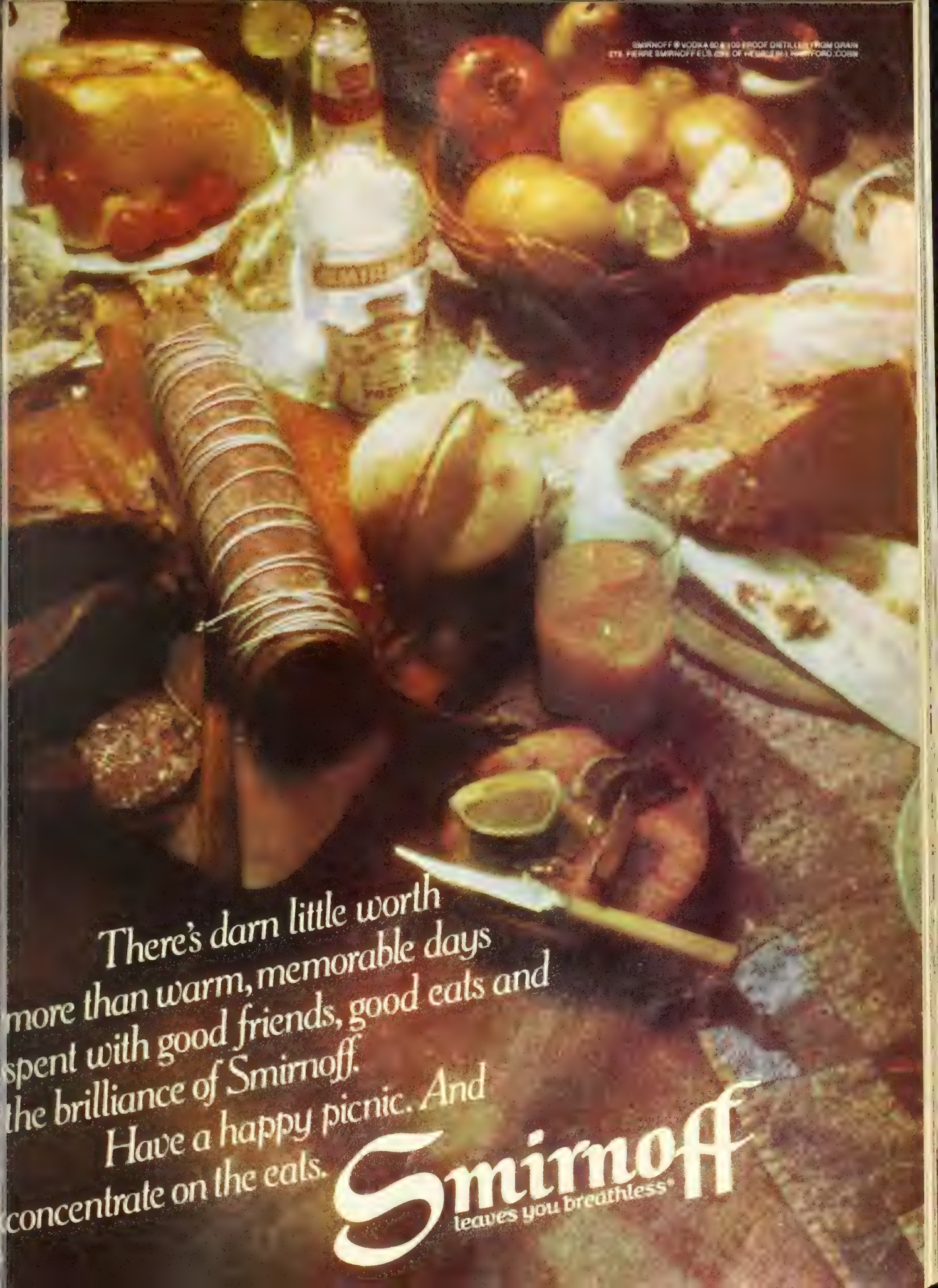
SPRING CREST

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U.S.A., Canada, Japan, Australia

Draperies that hang like a picture.

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There's darn little worth
more than warm, memorable days
spent with good friends, good eats and
the brilliance of Smirnoff.
Have a happy picnic. And
concentrate on the eats.
Smirnoff
leaves you breathless.

THE MAGNIFICENT MARGARITA: IT BRINGS YOU IMAGES OF CACTUS FLOWERS, AZTEC RUINS... AND THE THRUST OF THE MATADOR.



TRY IT...ALL THE TEQUILA'S IN IT. THE HEUBLEIN MARGARITA.

Heublein Margarita 42 Proof. ©1977 Heublein, Inc., Hartford, Conn 06101.

though they're shorter in length than the average sub-compact sedan. As in a station wagon, the rear seat folds down, which opens up a cargo area that's 6.5 feet long and 5.5 feet wide—as big as the cargo section of a pickup truck. When the roof is quickly unbolted, you can carry anything from a motorcycle to a tree in the back. In addition, you can add a canvas convertible top, or even a specially designed camper unit that sleeps four.

Because they're available with the biggest V-8 engine, four-wheel drive vehicles also make superb tow cars, and since they're powerful and easy to handle, they are truly fun to drive. You can buy them with all the same options and conveniences that come on any luxury sedans. Bucket seats, power steering, AM/FM/8-track, digital clock, tinted glass, power disc brakes, power windows, automatic transmission, tilt steering wheel, and air conditioning are just some of the usual extras.

In addition to the domestic manufactured vehicles, there are two light, four-wheel drives from a Japanese manufacturer, Subaru, a pickup truck and a station wagon. These models account for 20 percent of the cars it sells here. All Subarus are driven from the front wheels, and they have a five-speed transmission available as an option. Japanese engineers added a drive shaft to the rear wheels that connects where the fifth speed used to be, creating a four-speed transmission with four-wheel drive. The Subaru system can be driven on



Restyled Blazer has a lowered rear floor area for more leg room. By Chevrolet.

the highway in either two-wheel or four-wheel drive, and to change from one to the other requires just a simple flick of a switch.

There are some drawbacks to four-wheel drive. Because there's more friction loss in the driving mechanism, your utility vehicle clips from 3 to 5 miles per gallon off the gas mileage expected from a V-8 engine. The added complication of four-wheel drive means higher repair bills if something goes wrong. On the other hand, since they're designed to take rough treatment in off-road trailbreaking, they last forever under comparatively mild street conditions. Over 500,000 four-wheel drive vehicles from American Motors, General Motors, International, Ford, and Chrysler will be sold this year. They're in such great demand that the manufacturers can't build them fast enough. You can actually buy one new and sell it in three years for more than you paid for it. While a new passenger car will depreciate about 50 percent in those three years, you can be driving with the safety of four-wheel drive confident that you have made literally a sound investment. No wonder there's an "Off-Road Revolution" going on.

Continued on next page



Tough, handsome, Ramcharger's options offer passenger car comforts. By Dodge.

Stain over paint?



Now you can give your home the beauty of Olympic Stain, no matter how many times you've painted it before.

Olympic Acrylic Latex Stain hides paint beautifully with soft, solid color. It gives your home a rich mellow look, along with a tough acrylic finish that lasts for years. Cleans up easily with soap and water, too.

Olympic Latex Stain is also perfect for redoing any solid color stain. Available in 30 colors. Just follow easy label directions. For more information, see the Yellow Pages for your Olympic dealer, or write: Olympic, 2233 112th Ave. N.E., Bellevue, WA 98004.



continued from preceding page

21 FOUR-WHEEL DRIVES FROM $4,589 UP

SUBARU BRAT PICKUP Base price: $4,589. Length: 13.7 feet. Base engine: Flat-4, 65 hp. 26 mpg city, 36 mpg highway. Weight: 2,150 lbs. Warranty: 12 months/12,000 miles. Dealers: 600.

SUBARU 4WD STATION WAGON Base price: $4,889. Length: 13.1 feet. Base engine: Flat-4, 67 hp. 26 mpg city, 36 mpg highway. Weight: 2,200 lbs. Warranty: 12 months/12,000 miles. Dealers: 600.



With optional seats, the sturdy Bronco four-wheel drive carries six. By Ford.

JEEP CJ-5/CJ-7 UTILITY VEHICLE Base price: $4,995. Length: 11.5 feet/12.3 feet. Base engine: Inline-6, 90 hp. 13 mpg city, 17 mpg highway. Weight: 2,750 lbs. Warranty: 12 months/12,000 miles. Dealers: 2,100.

DODGE 4WD PICKUP Base price: $5,436. Length: 17.75 feet. Base engine: Inline-6, 115 hp. 19 mpg city, 25 mpg highway. Weight: 3,500 lbs. Warranty: 12 months/12,000 miles. Dealers: 3,100.

FORD F-150 4WD PICKUP Base price: $5,443. Length: 18.1 feet. Base engine: Inline-6, 130 hp. 19 mpg city, 28 mpg highway. Weight: 3,900 lbs. Warranty: 12 months/12,000 miles. Dealers: 5,572.

JEEP J-10 4WD PICKUP Base price: $5,549. Length: 16 feet. Base engine: Inline-6, 117 hp. 15 mpg city, 18 mpg highway. Weight: 3,850 lbs. Warranty: 12 months/12,000 miles. Dealers: 2,100.

CHEVROLET 4WD PICKUP Base price: $5,708. Length: 15.8 feet. Base engine: Inline-6, 100 hp. 20 mpg city, 27 mpg highway. Weight: 3,550 lbs. Warranty: 12 months/12,000 miles. Dealers: 6,030.

GMC K-10 4WD PICKUP Base price: $5,708. Length: 15.8 feet. Base engine: Inline-6, 100 hp. 20 mpg city, 27 mpg highway. Weight: 3,550 lbs. Warranty: 12 months/12,000 miles. Dealers: 2,700.

DODGE RAMCHARGER UTILITY VEHICLE Base price: $5,746. Length: 15.4 feet. Base engine: Inline-6, 115 hp. 15 mpg city, 17 mpg highway. Weight: 3,550 lbs. Warranty: 12 months/12,000 miles. Dealers: 3,100.

PLYMOUTH TRAIL DUSTER UTILITY VEHICLE Base price: $5,746. Length: 15.4 feet. Base engine: Inline-6, 115 hp. 15 mpg city, 17 mpg highway. Weight: 3,550 lbs. Warranty: 12 months/12,000 miles. Dealers: 2,643.

CHEVROLET BLAZER UTILITY VEHICLE Base price: $6,093. Length: 15.4 feet. Base engine: Inline-6, 100 hp. 15 mpg city, 18 mpg highway. Weight: 3,950 lbs. Warranty: 12 months/12,000 miles. Dealers: 6,030.

INTERNATIONAL SCOUT TERRA 4WD PICKUP Base price: $6,108. Length: 15.4 feet. Base engine: Inline-4, 86 hp. 15 mpg city, 19 mpg highway. Weight: 3,500 lbs. Warranty: 12 months/12,000 miles. Dealers: 1,730.

GMC JIMMY UTILITY VEHICLE Base price: $6,112. Length: 15.4 feet. Base engine: Inline-6, 100 hp. 15 mpg city, 18 mpg highway. Weight: 3,950 lbs. Warranty: 12 months/12,000 miles. Dealers: 2,700.

INTERNATIONAL SCOUT II/TRAVELER UTILITY VEHICLE Base price: $6,153. Length: 13.8 feet/15.4 feet. Base engine: Inline-4, 86 hp. 15 mpg city, 19 mpg highway. Weight: 3,700 lbs. Warranty: 12 months/12,000 miles. Dealers: 1,730.

JEEP CHEROKEE UTILITY VEHICLE Base price: $6,229. Length: 15.3 feet. Base engine: Inline-6, 117 hp. 14 mpg city, 18 mpg highway. Weight: 3,950 lbs. Warranty 12 months/12,000 miles. Dealers: 2,100.

FORD BRONCO UTILITY VEHICLE Base price: $6,543. Length: 15.0 feet. Base engine: V-8, 145 hp. 12 mpg city, 15 mpg highway. Weight: 4,650 lbs. Warranty: 12 months/12,000 miles. Dealers: 5,572.

TOYOTA LAND CRUISER UTILITY VEHICLE Base price: $6,628. Length: 12.7 feet. Base engine: Inline-6, 125 hp. 12 mpg city, 18 mpg highway. Weight: 3,800 lbs. Warranty: 12 months/12,000 miles. Dealers: 984.

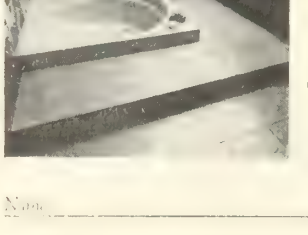
CHEVROLET SUBURBAN 4WD STATION WAGON Base price: $7,067. Length: 18.1 feet. Base engine: Inline-6, 100 hp. 14 mpg city, 17 mpg highway. Weight: 4,250 lbs. Warranty: 12 months/12,000 miles. Dealers: 6,030.

GMC SUBURBAN 4 WD STATION WAGON Base price: $7,067. Length: 18.1 feet. Base engine: Inline-6, 100 hp. 14 mpg city, 17 mpg highway. Weight: 4,250 lbs. Warranty 12 months/12,000 miles. Dealers: 2,700.

TOYOTA LAND CRUISER 4WD STATION WAGON Base price: $7,678. Length: 15.4 feet. Base engine: Inline-6, 125 hp. 11 mpg city, 16 mpg highway. Weight: 4,250 lbs. Warranty: 12 months/12,000 miles. Dealers: 984.

JEEP WAGONEER 4WD STATION WAGON Base price: $7,695. Length: 15.3 feet. Base engine: Inline-6, 117 hp. 14 mpg city, 18 mpg highway. Weight: 3,950 lbs. Warranty 12 months/12,000 miles. Dealers: 2,100.

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DEAR HOUSE & GARDEN...

Answers to your questions. Here we share some interesting letters from our readers

BY MARGARET MORSE

Mirror, mirror on the door

'd love more information about Pamela Kane's mirrored folding doors, shown in he January, 1978 issue on pages 96 and 97. —G.D., Great Bend, Kans.

nterior designer Ronald Crosetti tells us hat he had the glass mirrors custom cut nd professionally installed. Since glass nirror is very heavy and breakable, he autions that the installation should be lone only by a professional mirror intaller. (Check the telephone Yellow 'ages of cities near you under "Mirors.") To support the weight of glass nirrors, the doors must be solid and irmly secured to a track at both top and ottom. Have your doors hinged conınuously from top to bottom—piano ınges are ideal. Professional glues made he unframed, unbolted application in he Kane apartment possible.

If you don't want to go to the expense of a professional sheet-mirror installation, you might consider mirror tiles. Clear glass tiles 3/32-inch thick are available, boxed with mounting tapes, through the catalogue desk of any Sears store. The 12-inch-square size comes with smooth or with beveled edges; the 6-by-18-inch size only with smooth edges. For door application, it might be wise to invest in extra mounting tape or mastic from your hardware store.

Bath beautiful

In the Harry J. Doyles' house in the March, 1978 issue, on page 141, there's a bathtub cased in wood. I'd like to camouflage my 1940s sloping-sided tub in this way. Where can I find out how? —H.E., New York, N.Y.

How to build a "boxed-in bathtub" is one of 46 projects covered in *The Complete Home Carpenter*, edited by George Daniels. It's available at bookstores in paperback for $8.95, in hardcover for $14.95, or—for an additional $1.25 postage and handling charge—direct from the order department of the publisher, The Bobbs-Merrill Company, 4300 W. 62nd St., Indianapolis, Ind. 46268. Indiana residents please add 4 percent sales tax.

Treasure domes

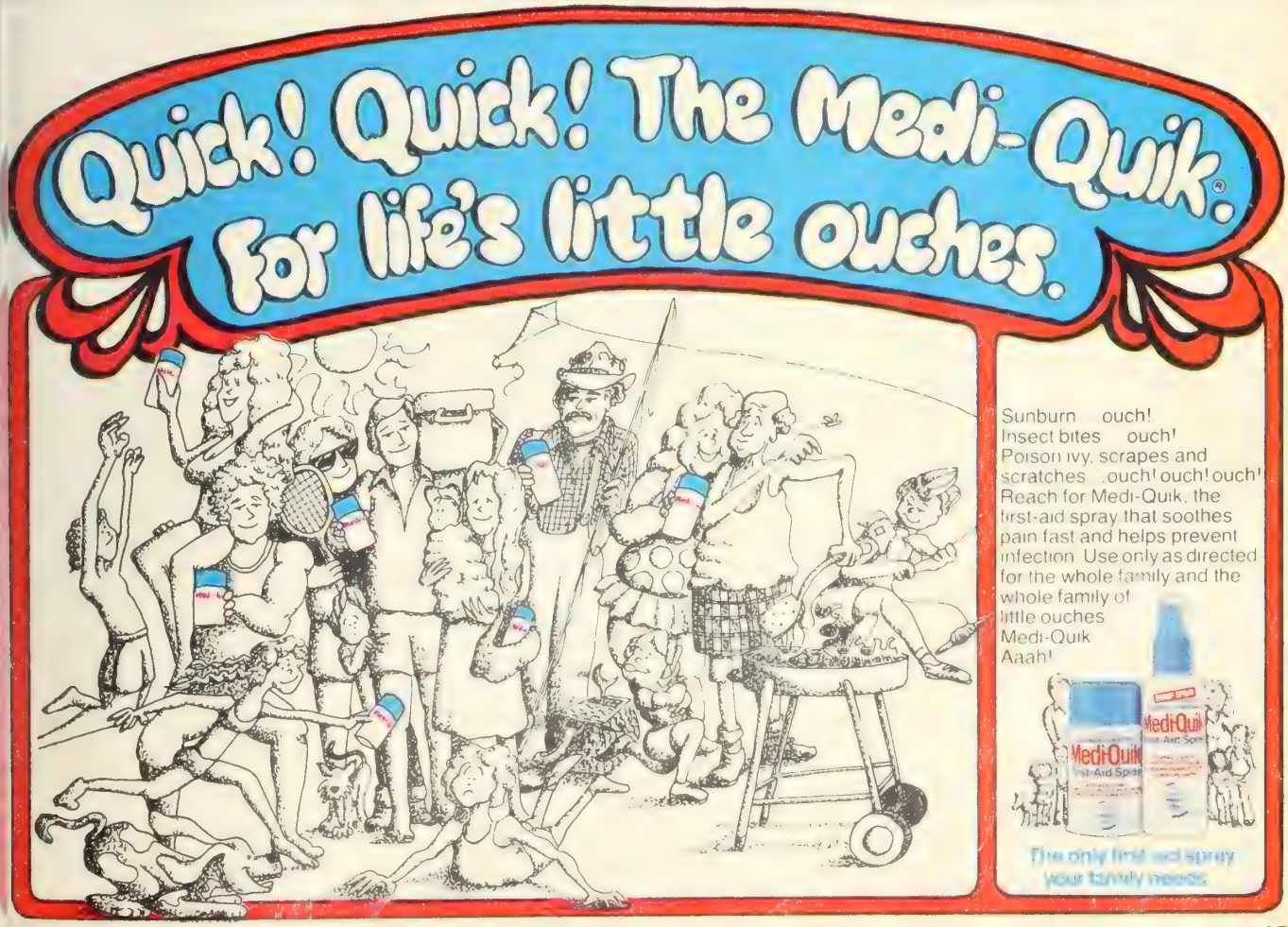
Where can I find a glass dome to fit over an antique clock?—A.J.K., Tampa, Fla.

If your clock will fit in a space less than 13 inches in diameter and less than 27 inches high, you're in luck. Downs' Collectors Showcase (1014 Davis St., Dept. 178, Evanston, Ill. 60204; catalogue 50¢ ppd.) sells round glass display domes in 25 sizes. The largest, described above, sells for about $170. The smallest, 3 inches in diameter and 4½ inches high —suitable for a watch—is about $4.75. The wood base comes in three finishes—black, mahogany, or walnut. Additional charges for handling, insurance, and such are detailed in the catalogue.

Shades of many colors

I've been looking for information on how to make stained-glass lampshades and wou'd appreciate any leads you can give. —F.B., Colorado Springs, Colo.

You'll find step-by-step instructions for six different kinds of stained-glass lamps in Anita and Seymour Isenberg's book *Stained Glass Lamps*, which is available through your bookstore for $8.95 in paperback or $14.50 in hardcover. To order directly from the publisher, add $1 per book for shipping and write: Customer Service Dept., Chilton Book Company, Chilton Way, Radnor, Pa. 19089. A set of full-size patterns that coordinate with the six projects described and photographed in the book is available only by mail from the publisher for an additional $1.98. Pennsylvania residents please add 6 percent sales tax. ■



YOU CAN COUNT ON GENERAL ELECTRIC FOR GREAT IDEAS IN COOKING.

THE GENERAL ELECTRIC MICROWAVE COOKING CENTER.

At General Electric, we know what makes America cook, as you can see from all the cooking versatility we've built into one superb appliance.

The Microwave Cooking Center combines the speed and convenience of microwaving with the traditional benefits of conventional cooking. Both ovens have a see-through window door and interior light. And the Cooking Center is designed to fit comfortably into your current kitchen space.

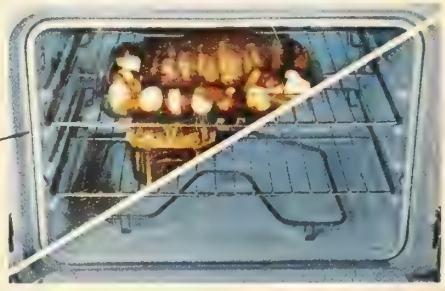


The surface units are engineered to give you an infinite choice of heat settings. The cooktop is available with either the Calrod® units shown or a smooth, ceramic glass cooking surface. And the controls are conveniently placed at eye level in the panel next to the upper oven.





The upper microwave oven features the General Electric Micro-Thermometer™ control. Just insert it into meats, soups, sauces, and many other foods, and set the desired temperature. Then sit back and expect to enjoy the goodness of meals cooked just the way you want them. The oven even shuts off automatically when foods are cooked to your selected temperature. It also has digital time control and gives you the cooking flexibility of multiple power levels.



The conventional oven not only gives you the convenience of General Electric's P-7® self-cleaning system, but an automatic oven timer. There are also settings for bake, time bake, broil and clean, in addition to temperature control.

THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

HOW TO RIBBON A RUG

Here's what you need to know to make a rug like the one on pages 112-113

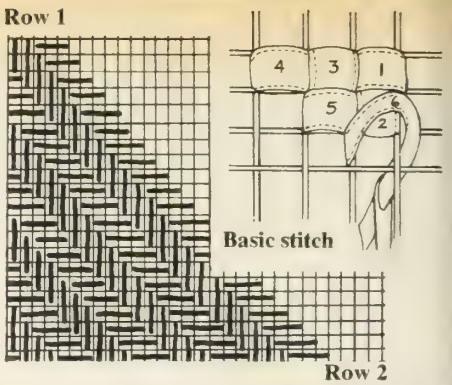
Materials: #7 canvas in the size you choose (this rug is 4 by 6 feet), 19-inch lengths of colored ribbon ⅛ inch wide, and a #20 tapestry needle.

Design: If you are designing your own canvas, sketch with pencil the directions in which you want your stitches to go; it's the alternation of bottom-to-top and left-to-right stitches that gives the shimmering texture. In the rose rug, for example, one rose petal is made of vertical stitches, the next horizontal. Bottom-to-top stitches will run *up* diagonal rows, and left-to-right stitches will run *down* on the diagonal.

Stitching: Some stitches cover one space in the canvas's weave at a time, but you can work a more substantial texture by covering several spaces at once. For a large project, one stitch might cover three.

For the basic Ribbonpoint stitch (used for blue background), thread the needle and fold the end of the ribbon back ¾ inch. With sharp scissors cut a tiny slit at right angles to the fold. To make your first stitch in the *top right* corner of your design, bring your needle up from the wrong side of the canvas in one space, pass it over a space to the right, and back down through the third space (see illustration). Run the needle through the tiny slit, and pull tightly to secure the "knot" on the wrong side of the canvas. The second stitch falls in a straight line immediately below the first, but will cover a space from bottom-to-top. Skip the space immediately below stitch 1 and bring the needle up in the second space below it. Holding the ribbon to keep it flat, pass your needle *into the space covered by stitch 1*. You now have a bottom-to-top stitch directly under a left-to-right one.

Bring needle up in the space directly to the left of your *second* stitch. Cover the space, from bottom to top, immediately to the left of stitch 1. For the fourth stitch, skip a space to the left of the third and bring needle up in the next space. Pass the ribbon into the space covered by stitch 3. Bring needle up in the space directly below stitch 4, then cover the space from left to right below stitch 3. Bring up needle directly below stitch 5, and cover the space below stitch 2, going left-to-right. You now have two diagonal rows (see illustration); all stitches going *up* the diagonal will cover spaces from bottom to top, and all stitches going *down* will cover spaces from left to right. To finish off a ribbon, make two loop knots (ribbon is slick) and run ribbon under several stitches as you would in canvas embroidery. If ribbon twists, use a #13 needle to hold the ribbon flat on right side of canvas as you pull through to the other side. Should the ribbon fray, snip off a tiny end.



Two easy ribbonpoint stitches: Top right, the basic stitch; bottom, the herringbone.

The herringbone stitch (used for flowers, leaves, and gold squares) is almost the same as the basic Ribbonpoint stitch. You will be covering three spaces at a time, beginning at the *top left* corner of the design. Bring needle up in the third space from the left edge of the design. Count three more spaces to the right and bring the needle down through the fourth space. Then slit-knot the ribbon on the wrong side of canvas as you would for the basic stitch. Bring needle up in the space directly below the first space covered by the stitch. Skip over three spaces to the right and pass needle into fourth hole. Repeat this left-to-right stitch until you reach the right side of your design. The next diagonal row will use bottom-to-top stitches, and lie to the left of your last row (see illustration). Start at the lower right corner of your design. Bring up the needle in the space just below and left of the last horizontal stitch, cover one space with ribbon, going bottom-to-top, and knot the ribbon. Bring needle up in the space just below and left of stitch 1; cover 2 spaces with ribbon, bottom-to-top. Bring needle up below and left of stitch 2, and cover 3 spaces with ribbon, bottom-to-top. From now on cover 3 spaces per stitch, until you reach the end of the row. The 2 rows will form an arrow-like diagonal across the canvas. Row 3 will be exactly like row 1, with left-to-right stitches, going down the diagonal. Row 4 will be like row 2, using bottom-to-top stitch up the diagonal.

In a large design, like a rug, you will probably need to make some "compensating" stitches—usually basic Ribbonpoint stitches to fill spaces between rows when colors change often and the pattern is elaborate. Count these spaces so you can make an even number of bottom-to-top and left-to-right stitches to keep the texture of your rug consistent.

You can make fringes for the edge of a rug or pillow by threading single or double ribbons through the bordering stitches. Always knot ribbons using the slit method, to avoid slipping, and secure tightly. ■

Note: Ribbonpoint is a trademark, U.S. Patent number 4,075,962, and is copyrighted by Patricia Mabry.



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"THE BEST REASON FOR BUYING A NEW GE REFRIGERATOR IS AN OLD GE REFRIGERATOR." —The Steele Family.



Jane Steele
Verona, New Jersey

GE refrigerators are really built to last. And my old "Monitor" is lasting proof!

Talk about a great investment! I got it in 1957, when it was 23 years old. And it still works like a charm.

Of course, it doesn't have all the improvements and innovations General Electric's added over the years. But it shows how dependable GE refrigerators are. As I told my daughter Mary Ellen, they just can't be beat!



Great Aunt Agnes Spina
West Orange, New Jersey

I've spent nearly half a century depending on GE refrigerators.

We bought one of these in the mid-fifties, after giving away the faithful "Monitor" Jane has now.

What a workhorse! Soda was always cold, ice cream was hard, and it never needed any service.

So naturally when we modernized again five years ago, we went right back to GE for a big, beautiful side-by-side.

General Electric refrigerators really hold up. We've had enough of them to know!



Mary Ellen Steele Burns
Totowa, New Jersey

General Electric is a name you grow up with. You know it's dependable.

So we felt confident that our lower-priced GE refrigerator would give us the same quality and reliability as the most expensive model.

My mother told me GE refrigerators were the best kind, and of course we did a lot of shopping around.

No other brand had the features GE did for the same money. Or was as nice-looking, inside and out.



Suzanne Steele Walsh
Morristown, New Jersey

Having had GE refrigerators in the family for so long impressed me more than any brochure or sales talk.

So when we buy our new refrigerator, it won't be a question of "whether GE," but of "which GE."

And I think I know which—this gorgeous dream of a side-by-side!

It has plenty of space, important with our five children. And adjustable glass shelves, great for cleaning up spills.

Separate temperature control for the meat pan. Automatic defrosting. And the GE dispenser that gives you chilled water, ice cubes, even crushed ice. I love the 'New Naturals'™colors, too—so soft!

The reliability General Electric's been building into their refrigerators since Great Aunt Agnes bought hers makes me feel really confident.

Maybe some day *my* GE refrigerator will become a family heirloom too!

THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

THE COOK'S GUIDE TO BACKPACKING

Tips for planning ahead, wrapping and carrying supplies, the best equipment, plus menus and recipes for good food while on a hike

BY NAN MABON

For lovers of good food, out for a weekend of backpacking, the thought of adding water to dehydrated flakes at the end of the day sends shivers down the palate. To eat well on a hike, advance planning is a must. Remember, too, that everyone will be hungrier and thirstier than usual. Don't worry about counting calories on the trail; you will need more than you normally eat and you can afford those extra carbohydrates for quick energy.



Cooking in the much used skillet, part of a set. Everything you need from tents to spoons at Tent & Trails, New York, N.Y. and sporting-goods shops across the U.S.A.

Plan ahead

Make a list of all the meals you will be eating on the trail, and work out a menu plan listing the ingredients for each dish and the equipment that's needed.

After you've done the shopping, transfer as many items as possible into plastic bags; label everything.

Measure and mix dry ingredients ahead when possible.

A kitchen scale to weigh foods ready for the pack is helpful, especially for longer trips when weight is crucial.

Divide ingredients according to meals and put them together in large plastic bags. Food for the last meal goes in the bottom of your pack.

The heaviest things should be eaten the first day out.

Small plastic pill containers are useful for things like salt, pepper, or instant coffee.

Buy butter or margarine in plastic containers.

Wrap cheese in cheesecloth that has been soaked in vinegar to prevent mold from developing.

Save individual packets of sugar and jam from restaurants for backpacking trips.

Break eggs for the morning's scrambled eggs and pour into a plastic bottle.

Bring along an old pillowcase for fire-blackened pots and pans.

Soap bottom of pots and pans before you leave to facilitate cleaning later.

Try to find out if you will be hiking in an area with plentiful drinking water and check if there are any restrictions against building fires.

Food for the pack

Make-ahead stews that can be reheated over the campfire are excellent appetite quenchers.

Sturdy, dense, baked goods like date-nut bread, pumpernickel, fruit cake, or fig cookies hold up best in a pack.

Cheese is high in much-needed protein, but avoid the soft and semi-soft varieties. A well-aged Cheddar or a chunk of top quality Parmesan travels best.

Bring a good supply of tea bags, instant coffee, and cocoa powder.

A convenient measurement to remember: Add ⅓ cup powdered milk to 1 cup of water.

Lemon crystals, usually in the spice section of supermarkets are a nice addition to tea.

Create your own soups with bouillon cubes and a variety of dry ingredients such as pasta, Chinese noodles, dried herbs, Italian dry mushrooms. Pack your mixture in plastic bags, then mix with boiling water at the campsite.

A small delicacy can be a great morale booster. A cache of smoked oysters or a bar of Swiss chocolate can provide the incentive for that last uphill mile.

Your body loses a lot of salt on a strenuous hike, so plan to include some salty foods.

For between-meal snacks, most hikers would never travel without their own "gorp," usually a mixture of dried fruits and nuts.

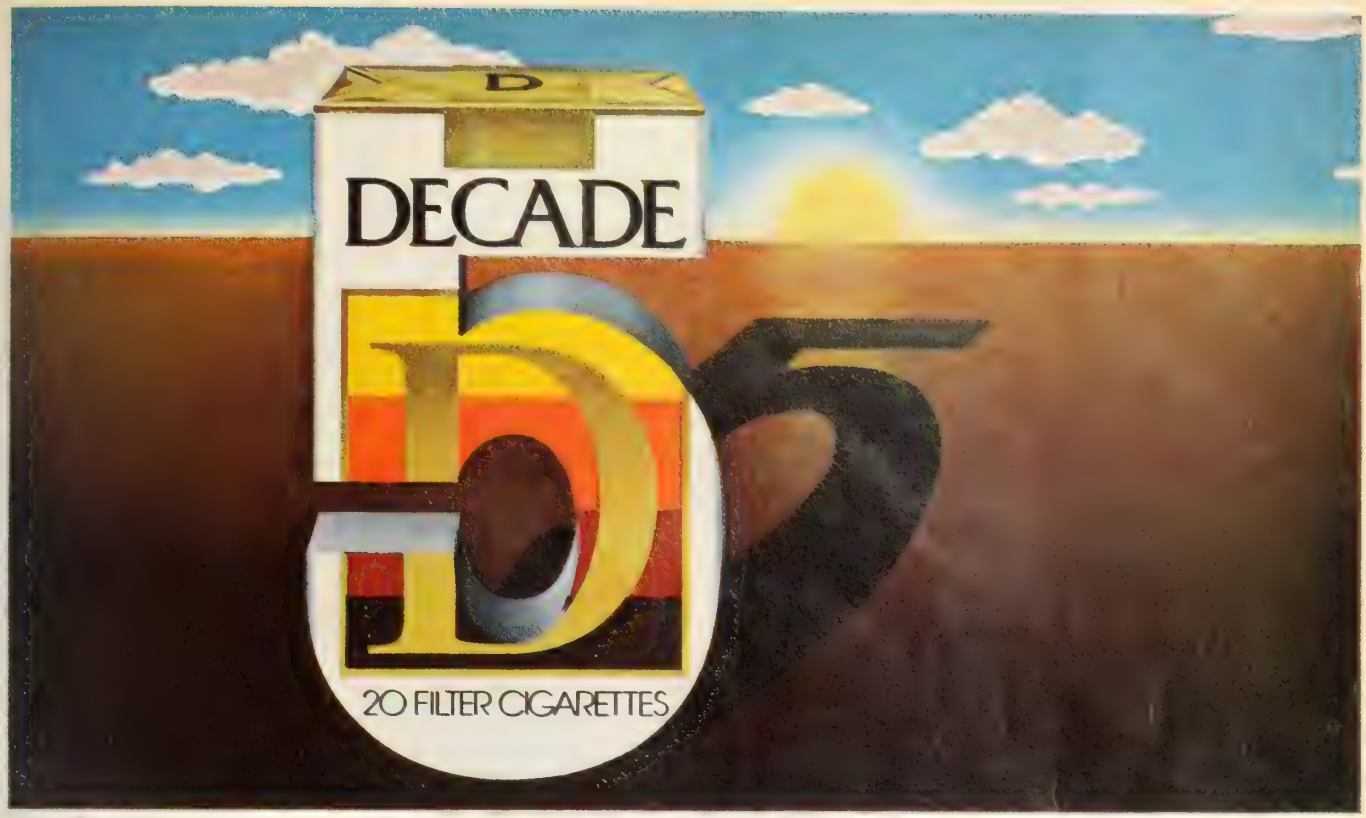
Miniature bottles of brandy or Bourbon make excellent before-bed toddies. Remember that alcohol consumed at high altitudes has a much greater effect on the body.

Tips on equipment

An army surplus "mess kit" or a "Boy Scout kit" that is made of lightweight

Continued on page 44





IT TOOK TEN YEARS BUT WE FINALLY GOT YOUR NUMBER.

Decade's got your number. Only 5mg. of 'tar.'

Now you might be wondering why it took us ten years to reach 5mg. Well, if we were simply interested in lowering 'tar,' we could have done it in a lot less time. After all, others have.

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Finally, after ten years, we were good and ready. We had developed our "Total System." A totally unique way of delivering truly satisfying taste in a 5mg. cigarette. That's why we say Decade is "The taste that took ten years to make."

Every part of a Decade cigarette is arranged in perfect balance with the others. The tobacco, the filter and even the paper. Only by concentrating on these parts are we able to perfect the whole.

So try Decade. We think you'll agree that 5mg. can be a very tasty little number.



Only 5 mg. 'tar.'

Regular and Menthol.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.



Guide to backpacking
continued from page 42

aluminum is an inexpensive and practical solution to most campfire cooking needs. It usually consists of three pieces—a frying pan with a detachable handle, a pot, and a low-sided plate.

Beware of nonstick-treated cook sets. The coating tends to peel after exposure to the campfire.

The classic Sierra cup is excellent for soup and coffee. It can be attached to your belt or pack for easy access.

Don't forget a newly sharpened pocketknife with a can-opener attachment, candles, paper towels, a dishtowel, soap, and a scouring pad for dishwashing.

If you're planning to do your cooking on a campfire, a grill that expands to several sizes is very useful or a dime-store cake rack works fine.

Get a plastic canteen, stopper attached.

A collapsible, 1-gallon, plastic water container is essential.

The outdoor sink: Dig a hole and line it with a plastic bag then fill with hot water for washing dishes.

LUNCH

White bean and basil salad
Dried pepper beef
Olives and cherry tomatoes
Italian Amaretti cookies

White bean and basil salad

INGREDIENTS

1 pound dry white beans
2 quarts cold water
¼ pound piece salt pork

Continued on page 46

KAREN RADKAI



Foil makes it easy to cook vegetables over a fire. To carry them, Tupperware makes handsome, sturdy containers with nonleaking seals, which are especially handy for toting food on a hike—or picnic.

Games People Play

Score points with any sports lover. With a merry Co-Boy figurine from Goebel. According to legend, these handcrafted, colorfully hand painted ceramic figurines spread good luck wherever they go. A fanciful gift for fans, friends, even yourself! Which will be your first round pick?

"Pat the Pitcher" is 5⅞" high; "Tommy Touchdown" is 5¼" high; "Bert the Soccer Player" is 6⅞" high. Suggested retail is $31 each. For the name of a store near you and a copy of the "Co-Boy Figurines" brochure, send 25¢ to Dept. SCO, P.O. Box 5469, New York, N.Y. 10017.

Goebel



W. GOEBEL PORZELLANFABRIK Rödental, W. Germany. Sole manufacturer of the world-famous "M.I. Hummel" figurines, plates and bells. Also available in Canada.

continued from page 44

2 cloves garlic, peeled
1 tablespoon salt
1 heaping tablespoon Dijon mustard
1 tablespoon red wine vinegar
2 teaspoons lemon juice, freshly squeezed
6 tablespoons olive oil
Salt and freshly ground black pepper to taste
½ cup basil leaves, torn in half

METHOD

☐ Put the beans in a colander, rinse with tap water, then put them in a large pot and cover with the cold water. Add the salt pork and 1 garlic clove and turn the heat up high. When the water comes to the boil, reduce heat and allow to simmer very slowly with the lid on. After 1 hour, add the salt. Cook beans for 1½-2 hours total, or until tender. Drain and remove and discard the garlic and salt pork.

☐ Mix together the mustard, vinegar, and lemon juice in a large bowl, then stir in the olive oil. Mince the remaining garlic and add with the salt and pepper.

☐ Toss the warm beans in the vinaigrette along with the basil leaves. Cool. When cool, store in a lightweight plastic container. Keep in the refrigerator until ready to pack. Since this is a fairly heavy item, it should be part of the first day's menu. Serves 6-8.

Dried pepper beef

(From Margaret Spader)
INGREDIENTS
⅓ cup dry sherry
¼ cup sugar
2 tablespoons dark soy sauce
1 star anise or ½ teaspoon fennel seeds
½ teaspoon crushed red pepper
2 tablespoons peanut oil
2 scallions, cut into 1-inch pieces, including the green part
1 tablespoon fresh ginger, finely minced
1 pound boneless chuck or rump, cut into 1-inch pieces
1 cup cold water

METHOD

☐ Mix the sherry, sugar, soy sauce, anise or fennel, and red pepper together and set aside. Preheat a wok or frying pan and add the oil, scallions, and ginger then sauté about ½ minute. Add beef cubes and toss over high heat until evenly browned.

☐ Stir in the sherry mixture and the cold water and bring to a boil. Adjust heat to medium, cover, and simmer 30 minutes. Take off the cover and turn the heat up to high. Cook until dry, stirring constantly.

☐ Put beef into an ovenproof pan and let cool, then place in the oven at the lowest setting for 30-60 minutes to allow meat to dry. It should be dry to the touch. Store in a covered jar. This should keep for 2 weeks. Serves 4.

DINNER

Vegetable soup with pistou
Lamb kebabs
Vegetables in season cooked in foil
Chinese walnuts, Dried fruit

Vegetable soup with pistou

INGREDIENTS
3 cloves, garlic, peeled
Pinch salt
½ cup basil leaves or ½ cup parsley plus 1 tablespoon dry basil
1 6-ounce can tomato paste
½ cup Parmesan cheese, freshly grated
5 tablespoons olive oil
1 2¾-ounce package instant dry minestrone or vegetable soup
1 medium potato, cooked until tender, skin left on
1 medium carrot, cooked until tender, unpeeled

METHOD

☐ Pound the garlic with the salt until mashed flat. Tear the basil leaves into small pieces with your fingers; if you are using parsley, chop it fine.

☐ Combine garlic, basil, and tomato paste in a mortar and blend with the pestle, grinding everything together into a smooth mass. You can also blend the mixture in a blender or food processor. Stir in the cheese, then slowly add the olive oil. Store in a small, covered, plastic container.

☐ At the campsite, follow the directions for preparing the dry soup. Peel the potato and the carrot, cut each into small pieces and add to the soup. Stir in 2 tablespoons of the pistou mixture and serve. Leftover pistou is delicious as a dip with miniature bread sticks or fresh vegetables. Serves 4-6.

Chinese walnuts

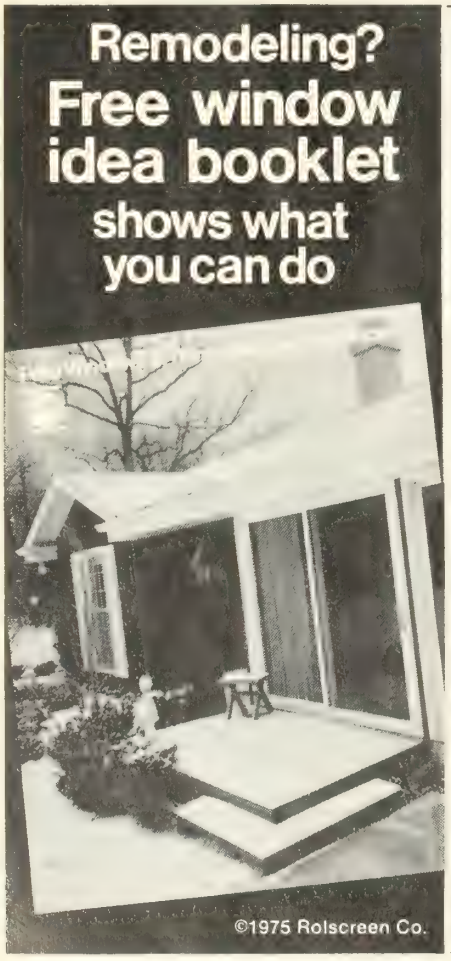
(From Margaret Spader)
INGREDIENTS
4 cups walnuts, shelled
1½ quarts water
½ cup sugar
2 cups peanut oil

METHOD

☐ Bring water to a boil in a pot, then carefully drop in the nuts. When water returns to the boil, cook for 1 minute, then drain nuts in a colander and rinse with hot water. Drain well.

☐ Toss the nuts with the sugar in a bowl and heat the oil in a wok or skillet to 350°. Oil should come about 1 inch up the sides of the pan.

☐ Fry the nuts in 3 batches, stirring occasionally, for about 5 minutes each batch. Do not allow to darken too much. Remove from the oil with a slotted spoon and return to the colander to drain. Store in a tightly covered jar in the refrigerator until ready to use. Serves 8. ■



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All three typewriters on sale May 14-June 10.

FOOD TO ENJOY OUTDOORS

From the Shaker heritage—simple dishes to make ahead and carry to the picnic

Shaker cooking emphasizes simplicity—ingredients fresh from the garden or home preserved and prepared to be eaten fairly shortly after coming from the oven, since there were no refrigerators.

Shaker Community, Inc., headed by Amy Bess Miller, author of *The Best of Shaker Cooking* with Persis Fuller, began restoration of Hancock Shaker Village in 1960. It now runs the village as a full-time museum including a Good Room—traditionally the part of the pantry reserved for the best pantry supplies—in which visitors can buy breads, preserves, and cookies, made from Shaker recipes like the ones below.

Broiled chicken with cream of tarragon sauce

(Hancock Shaker Village)

INGREDIENTS

3-4 pound broiler chicken, cut in serving pieces
Salt, pepper
Lard
½ cup water
4 tablespoons butter
3 tablespoons flour
1½ cups chicken stock, strained
½ teaspoon brown sugar
1 egg yolk
½ cup cream
½ cup fresh tarragon leaves, finely chopped or 2 teaspoons dried tarragon
1 tablespoon herb vinegar or lemon juice

METHOD

☐ Rub each chicken piece all over with salt, pepper, and lard or clear drippings. Put ½ cup water in bottom of a broiler pan, arrange chicken on rack, and broil flesh side up about 10 minutes. Turn, check on dryness, rub skin with more lard or drippings. Continue to broil until chicken is a light brown, but do not let it burn—about 25 minutes total cooking time.

☐ Make the sauce as the chicken cooks: Melt 3 tablespoons of the butter in a saucepan. Add the flour, stir well, and cook lightly 5 minutes. Add the stock, cook and stir until smooth. Add ¼ teaspoon pepper, ½ teaspoon salt, and the sugar. Cut the remaining butter in small pieces and stir into sauce. Blend well.

☐ Gradually heat sauce almost to the boil. Beat egg yolk and cream in a small bowl. Remove sauce from heat and add egg/cream mixture. Stir rapidly. Add tarragon and vinegar or lemon juice and beat until smooth. Put chicken on a hot platter and pour sauce over. Serves 4. Or serve cold for picnics.

Cold bacon and egg pie

(Shirley Shaker Village)

"Taken with brethren when farming at a distance. We send good, sharp, cold cider with this and whole tomatoes and a pound cake or two."

INGREDIENTS

Pastry for a 1-crust, 9-inch pie
6 slices bacon
7 eggs
1 cup light cream
1 teaspoon nutmeg
1 tablespoon flour
½ teaspoon salt
½ teaspoon pepper



READLE

METHOD

☐ Line pie pan with pastry. Fry bacon until crisp in a skillet, then drain. Crumble the bacon over the bottom of the pie shell.

☐ Break 5 eggs on top of the bacon, keeping them whole. Beat the remaining 2 eggs with cream, nutmeg, flour, salt, and pepper in a small bowl and pour into shell over the whole eggs.

☐ Bake in a preheated 400° oven 15 minutes. Reduce heat to 325° and bake 30 minutes longer until knife inserted in center comes out clean. Cut into wedges. Serves 5.

String bean salad

(North Union Shaker Village, Ohio)

INGREDIENTS

2 cups string beans, cooked and chilled
2 cups lettuce, shredded
2 cups scallions, including green tops, minced
2 sprigs summer savory, minced
6 nasturtium leaves
12 nasturtium pods
Salt, pepper to taste
About ⅓ cup favorite salad dressing—amount depends on your choice

Continued on page 50



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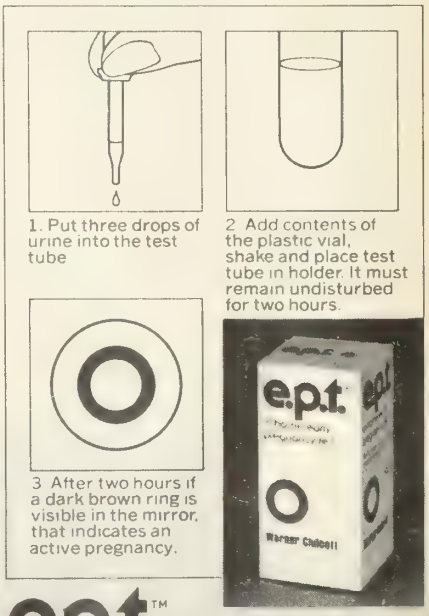
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continued from page 48

METHOD

☐ Mix the cold, cooked green beans with the shredded lettuce in a serving bowl. Sprinkle scallions over beans. Add the summer savory and nasturtium leaves and pods. Season with salt and pepper and toss with dressing. Serves 4.

Pork and sage hand pies with apples

(Mt. Lebanon Shaker Village)

INGREDIENTS

Pastry for two 2-crust, 4-inch pies
½ cup raw apples, peeled, cored, and chopped
1 tablespoon boiled cider (if cider is not available, add 1 tablespoon brown sugar to apples)
1 cup pork, cooked and chopped
½ cup potato, cooked and chopped
1 tablespoon butter
1 tablespoon onion, chopped
1 tablespoon flour
1 teaspoon salt
1 teaspoon pepper
1 tablespoon crushed sage
1 cup heavy cream

METHOD

☐ Roll out pastry and cut to fit 4-inch pie tins. Line tins with the pastry.

☐ Combine apples, and brown sugar if cider is not available, pork, and potatoes and fill tins. In a saucepan melt butter, sauté onions until tender but not brown. Add flour, stir, and cook 1 minute, add seasonings, sage, cider, and cream and simmer very slowly a few minutes until thick. Pour over mixture in pie pans.

☐ Cover with pastry lids and seal edges. Prick tops in a few places and bake in a preheated 350° oven 45 minutes. Makes two 4-inch pies.

Concord grape pie

(Harvard Shaker Village)

INGREDIENTS

Concord grapes
4 tablespoons flour
1¼ cups sugar
Pastry for one 9-inch pie crust plus more for a lattice topping
2 tablespoons butter, cut in pieces

METHOD

☐ Wash enough grapes free of stems to fill a 9-inch pie tin and make a rounded mound.

☐ Squeeze pulp from grapes into a saucepan, reserve skins. Bring pulp to a boil and strain out seeds. Mix pulp and skins together in a bowl and add 2 tablespoons flour and 1 cup sugar. Mix well.

☐ Line pie tin with pastry; combine remaining sugar and flour and sprinkle mixture on bottom of crust. Add grape filling. Add butter in center of grape mixture and cover with lattice crust.

☐ Bake in a preheated 450° oven 10 minutes. Reduce heat to 400° for 10 minutes, reduce heat again to 350° and bake 30 minutes longer. Serves 6-8.

Boiled cider

Boiled cider was a staple on grocery store shelves. It was bottled commercially to be used as a sweetener, but it was made by most cooks for their own use. Some condensed it more than others, depending on how sweet they wanted it.

Mary Whitcher's directions for making it are short and to the point: "Take 4 gallons of cider and boil it to 1 gallon." Thus condensed it was used principally to sweeten Shaker applesauce, the manufacture of which was a profitable industry—and was a great saving when used instead of sugar. It was also used in dessert puddings, jellies, and in beverages.

Rhubarb and lemon pie

(Mt. Lebanon Shaker Village)

INGREDIENTS

3 cups rhubarb, diced
Pastry for two 9-inch pie crusts (if lattice topping is used, some crust will be left over)
1 cup sugar
1 tablespoon flour
1 egg, lightly beaten
1 teaspoon lemon zest, grated
½ cup water
1 tablespoon lemon juice
1 tablespoon butter

METHOD

☐ Spread rhubarb on pastry-lined 9-inch pie tin. Blend sugar and flour in the top of a double boiler. Gradually stir in remaining ingredients. Cook over hot water stirring constantly until thickened and smooth. Remove from heat. Pour over rhubarb. Cover with a full or lattice crust. Bake in a preheated 425° oven for 30-40 minutes. Serves 6-8.

Sister Susan's cream layer cake

(Hancock Shaker Village)

INGREDIENTS

¾ cup butter
½ cup sugar
3 eggs
⅔ cup sweetened condensed milk
1½ teaspoons vanilla
1½ cups flour
3 teaspoons baking powder
Cream filling (recipe below)
Chocolate glaze (recipe below)

Continued on page 54





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In the picture you'll find design ideas that demonstrate the unusual versatility of ceramic tile. Renaissance Gold, a unique glazed tile (no two are alike), is used on the walls and vanity. The floor and sunken tub are sculptured with Topaz ceramic mosaic tile trimmed with Seal Brown. Visit any American Olean Color Center listed in the Yellow Pages. For details, plans and a copy of "Decorating Ideas," send us 50¢. Mail to: American Olean Tile Company, 2531 Cannon Avenue, Lansdale, Pa. 19446.

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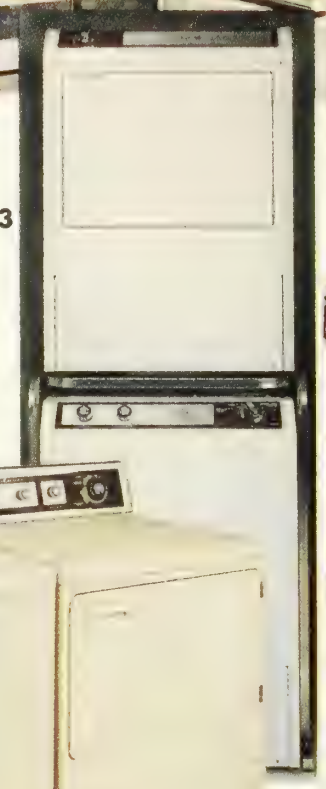
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The Kelvinator dishwashers (5) are beauties. Portables or built-ins, they've al got real scour power.

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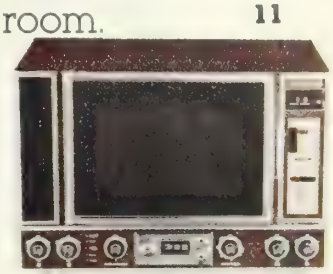
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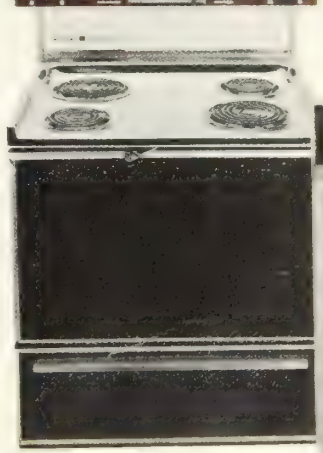
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The prices range from $7.50 for a Greek fourth-century B.C. gold dolphin to $520.00 for an eighteenth-century Chinese export porcelain tea service decorated in a bold floral design of twenty-seven colors.

New pieces are added constantly, and the Museum publishes special catalogues of these every few months; the 116-page full-color Christmas Catalogue will be issued September 1. In addition to the reproductions, this year's catalogue illustrates new Christmas cards, stained glass, art books of particular interest, prints of rare Chinese and Japanese paintings, snowflakes, stars, and bells in gold and silver, together with more than one hundred other unusual presents including the 1979 Calendar, *Treasures from the Far East.*

To put yourself on the mailing list (most of the reproductions can be bought *only* by mail or at the Museum itself), send the coupon below with $1.00 to cover mailing.

Above: *Footed Bowl.* The exact purpose of this five-thousand-year-old Egyptian "walking bowl" remains somewhat of a mystery, but perhaps it is significant that many centuries later, a bowl with feet was used as the hieroglyph "to bring." The Museum's copy, like the original, is unglazed terracotta burnished by hand. Diameter 5". Price $15.00, shipping $2.00. Add state and local taxes for delivery within N.Y. State.

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Please send me all advance catalogues of new objects to be issued by the Museum during the next year. $1.00 to cover mailing is enclosed.

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continued from page 50

METHOD

☐ All ingredients must be at room temperature. Cream butter and sugar together in a bowl; beat in eggs, one at a time. Pour in condensed milk; mix well. Add vanilla.

☐ Sift together the flour and baking powder into a bowl; stir into creamed mixture, a little at a time, beating after each addition until smooth

☐ Spread batter in two greased and floured 9-by-1½-inch-round cake pans. Bake in a preheated 350° oven for 25 minutes or until done. Place pans on wire racks and let cool about 30 minutes before removing cake from pans. Cut each layer horizontally into 2 layers. Spread each of 3 layers with cream filling. Top the fourth layer with chocolate glaze. Yields two 9-inch layers.

Cream filling

INGREDIENTS

1 envelope unflavored gelatin
1 cup cold water
⅔ cup sweetened condensed milk
¼ teaspoon salt
2 eggs, slightly beaten
1½ teaspoons vanilla
1 cup heavy cream, whipped

METHOD

☐ Soften gelatin in cold water in the top of a double boiler; stir in condensed milk, salt, and eggs. Cook over simmering water 10 minutes until mixture thickens. Remove from heat; cool over ice water stirring occasionally. Let mixture cool until it mounds slightly. Fold in vanilla and whipped cream. Spoon between cake layers. Yields 3 cups.

Chocolate glaze

INGREDIENTS

2 ounces unsweetened chocolate
¼ cup butter, cut in pieces
3 tablespoons milk
2 cups confectioners sugar, sifted
⅛ teaspoon salt
½ teaspoon vanilla

METHOD

☐ Melt chocolate in a small saucepan over low heat. Blend in butter and milk; remove from heat. Add sugar, salt and vanilla. Mix well. Yields about 2½ cups.

Cherry sandwiches

(Manuscript from Shaker Museum, Old Chatham, N.Y.)

INGREDIENTS

1 cup cherries, pitted
¼ cup almonds, blanched and finely chopped
1 tablespoon lemon juice

Continued on page 56

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continued from page 54

½ cup sugar
Bread slices
Sweet butter

METHOD

☐ Crush and drain the cherries and place in a bowl. Add the almonds, lemon juice, and sugar to make a very sweet mixture.

☐ Cut crusts from thin slices of fresh white bread. Spread the bread with sweet butter, cover with cherry filling and a buttered upper slice. Cut across on the diagonal and wrap in waxed paper to take along for a picnic, or in a damp cloth in a cool place for supper. Enough for about 4 sandwiches.

Shaker daily loaf

(North Union Shaker Village, Ohio)

INGREDIENTS

1 package active dry yeast or 1 cake compressed yeast
¼ cup warm water
1¾ cups milk
3 tablespoons butter
2 tablespoons sugar
2 teaspoons salt
6-6½ cups all-purpose flour, sifted

METHOD

☐ Dissolve yeast in warm water in a large bowl. Scald milk; stir in butter, sugar, and salt. Cool to lukewarm; add to yeast.

☐ Add 3 cups flour; beat until smooth. Add enough additional flour to make a soft dough. Turn out onto a lightly floured board. Knead until smooth and elastic, about 10 minutes.

☐ Place in a greased bowl, grease top of dough, and let rise to double its bulk in a warm place, about 1-1½ hours. Punch down and knead lightly this time and shape into loaves for two 9-by-5-by-3-inch pans. Brush the tops with butter and let the dough rise to twice its bulk in a warm place, about 1 hour. Bake in a preheated 400° oven about 30 minutes. Makes 2 loaves.

Shaker cold tea

(Sister Amelia's Shaker receipts)

INGREDIENTS

1 teaspoon good imported tea
8 ounces cold water
Sugar

METHOD

☐ Use 1 teaspoon good imported tea to a large tumbler of cold water. Use only a glass or porcelain container, and let stand 12 hours. Strain and add ice. Sweeten to taste.

☐ Tea made by this method will never "cloud," because the tannin is now drawn from the leaves. Made thus, it has a delightful bouquet and the same stimulating effect as hot tea.

Picnic lemonade

INGREDIENTS

12 lemons
1¼ cups sugar
3 quarts water
Mint sprigs

METHOD

☐ Lemons should be at room temperature. Roll to soften. Squeeze and remove seeds, but do not strain. Pour juice into a pitcher. Add sugar and water. Stir well to dissolve. Taste and add more sugar if need be. Chill well.

☐ Carry additional ice in blocks to the picnic. Pour lemonade from canteen, add mint sprigs. Stir well and ladle into little tin cups. Serves 16.

Herb cookies

(Hancock Shaker Village)

INGREDIENTS

½ cup shortening (butter or chicken fat)
½ cup sugar
½ cup molasses
1 egg
2½ cups all-purpose flour, sifted
2 tablespoons ground ginger
1 teaspoon cinnamon
¼ teaspoon salt
½ teaspoon baking soda
1 teaspoon ground cloves
6 tablespoons hot water
2 tablespoons anise seed
1 tablespoon coriander seed, softened in 2 teaspoons hot water and crushed
Confectioners sugar icing (optional)



BEALLE

METHOD

☐ Cream shortening, sugar and molasses in a bowl. Stir in the egg and beat well. Sift flour, ginger, cinnamon, salt, baking soda, and cloves together into a bowl and add to the creamed mixture alternately with the hot water. Cool.

☐ Stir in anise and coriander seeds. Drop by teaspoonfuls on a baking sheet 2 inches apart. Bake 10-12 minutes in a preheated 350° oven. Frost with confectioners sugar icing if desired. Makes about 4 dozen cookies. ■



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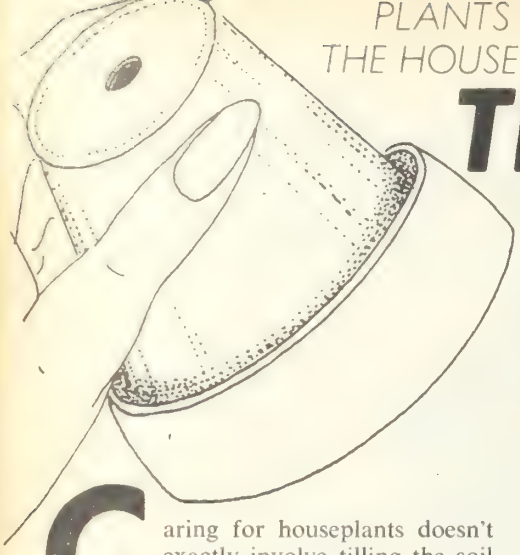
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TRANSPLANTS FOR PLANTS

Quick rescue treatment for your indoor garden
How to repot, reroot, and fertilize transplants

By Richard Langer

Caring for houseplants doesn't exactly involve tilling the soil the way a large garden would, but there does come a time when digging one's hands into the heart of the earth becomes necessary. It's far from a painful task; it's a pleasure. In all probability, in fact, it's largely responsible for the popularity of indoor greenery. Too many of us have been too long removed from the land.

The fragrance of rich, moist potting soil evokes distant memories, setting the mind to wandering. Call it puttering, call it work—repotting and sprucing up your plants can be among the most relaxing and tension-relieving tasks there are, both for you and for the plants.

Right by my desk there's a lovely *Streptocarpus*. Or, I should say, it *was* lovely until it more or less tumbled out over one side of the pot when a new young plant decided to grow out of the middle. Neither plant would have done well if I hadn't come to the rescue, for, unlike in the wilds, ground space is narrowly limited in a pot.



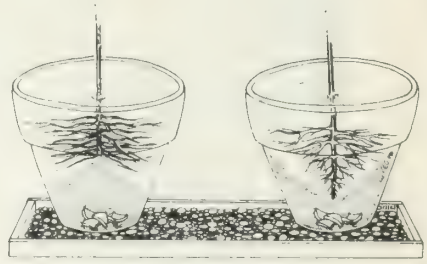
Potting space with deep sink, plenty of storage below; plants by Linda T. Wolf.

The first thing I do in any repotting venture is spread out some newspaper over the kitchen table (one of these days I'm going to get myself a real potting bench), and set out my bags of potting soil and spare pots. Then I pick up the plant I'm rescuing and turn the pot upside down, keeping my index finger on one side of the plant's stalk and my middle finger on the other side. I give the pot a sharp tap against the side of the table. This frees it from the soil and the pot can be lifted off readily. Watering the plant the day before unpotting it makes the task easier.

Knocking out your plants every six months or so to check the roots is a good idea in general. If you find a solid tangle of roots all around, that plant should be moved on to a larger pot. In the case of my *Streptocarpus*, not only were the roots jammed together, but those from the two plants were intertwined. Gently I pulled them apart as far as I could. Then I took some pruning shears and cut the remaining tangle out. Pruning off some roots will do your plants no harm. Quite to the contrary, the plants will develop stronger, more compact root systems for it. Just don't try to break the roots off. You want clear, clean cuts. Tears that strip off the root covering invite infection. Also, when you're repotting a plant, if the roots have grown into a tight ball, pull them out around the edges. This both gets rid of some of the spent soil and lets the roots grow straighter in their new, larger quarters. Were you simply to plop the root ball into a larger pot, the roots would keep growing in their old confines of packed soil rather than spreading out to take advantage of their more commodious abode.

Once I had separated the *Streptocarpus* plants, I picked up a fresh pot, put some shards of broken pottery over the drainage hole to keep the soil from washing out, and began potting up the first of the two plants. If you're one of those rare indoor gardeners who have no broken pottery around, using the slightly bent top of a frozen-orange juice container to cover the hole works well. Without entering too deeply into the great plastic-versus-clay-pot controversy, incidentally, I'd add that personally I've always found plants do best in the clay variety—the unglazed clay permits the soil to breathe—and that's why I have a fair number of broken pottery pieces on hand to use as shards.

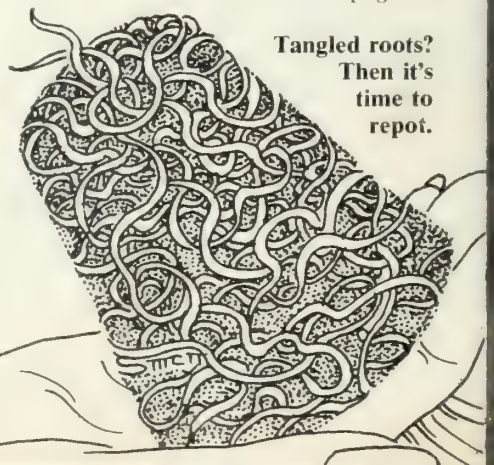
How you fill a pot with soil can make quite a difference to your plants' growth,



In potting fibrous-rooted plants, *left*, spread roots over slightly mounded soil. Main taproots, *right*, need to grow straight. Set plant in a slight hole, then fill in soil gently around roots.

particularly if you're potting up bare-root specimens from a mail-order firm. Basically, there are two types of root structure: the fine, matted fibrous type and the taproot variety. If your plant, like my *Streptocarpus*, has a fibrous root system, build up a small mound of soil in center of pot and spread roots out and on top of it. On the other hand, if the plant has a main taproot, make a funnel shape in the soil so this central root can grow as straight as possible.

Continued on page 60



Tangled roots? Then it's time to repot.

Sterilizing clay pots

A good candidate for home sterilization is the old clay pot. Clay pots are becoming increasingly expensive, so they are items definitely worth reusing. Make sure they are well scrubbed and *dry* before baking. Place in a cool oven and bring the heat up to 220°. Let bake for one hour and leave them sitting overnight to cool before using.

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Transplants for plants
continued from page 58

Fill soil in and around the roots completely. Then tap the bottom of the pot on the table top to settle the soil down. When you're done, there should be at least ¾ of an inch of pot showing above the soil level so there's someplace to pour the water when you tend the plant. I've always found it best, as a last step, to submerge the whole pot for a few minutes in tepid water after replanting. This not only settles the roots in well, but in the case of clay pots introduces plenty of water in the pot itself. If you skip this step and use a dry pot, it will quite often draw the moisture out from the soil like a blotter, leaving your plant to become quite dry overnight. That's something it definitely does not need immediately after the shock, however slight, of being transplanted.

Since some roots are usually lost in transplanting, this is a good time to cut off also any damaged or overage leaves. Cutting back the greenery not only improves the plant esthetically, but also compensates for root loss. Your plant is a balanced system. It's used to so many roots bringing up water and nutrients from the soil. With fewer roots, it will not dine as well as normally. Removing a few leaves compensates for this supply cutback.

When it comes to fertilizing, there are a few things to remember. First, don't fertilize a plant for at least a month after it's been repotted. Probably nothing would go wrong if you did. But there's always the chance that some of the freshly cut roots might get fertilizer burns, so why risk it?

Secondly, less, more often, is better. Plants prefer eating continuously to gorging once a month. A little fertilizer once a week during their growing season works wonders. If this is too much trouble to remember, try some of the new time-release encapsulated fertilizers; they spread out the dining period for you and seem to work very well.

Thirdly, though doing it right is best, your plants will survive underfertilization more readily than they will overfertilization. Choose a fertilizer on the basis of what's needed by a particular plant, and follow the instructions given with it. The three numbers, for instance 10-10-10, on the package will indicate what the fertilizer's particular benefits are. The first number represents the percentage of nitrogen, which is what helps the plant's green growth and photosynthesis. The second number gives the percentage of phosphorus, for root development and flowering. The third number represents the percentage of potassium, which, like the trace minerals and iron, is just healthy for your plant in general. Use a balanced formula such as 10-10-10 for most of your houseplants, and pick

Continued on page 152

Betsy Palmer says:

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■ HOME IMPROVEMENT IDEAS

FOR THE HOUSE FIXER

UNCLUTTER THE GARAGE

Seven steps to a mess-free space

BY DEANNE RAFFEL

For some reason, fall and winter seem to make a catchall out of the garage—everything that does not have "a place" is deposited there. It is almost summer again and a perfect time to clean out and improve the structure. Choose a warm sunny day to start working.

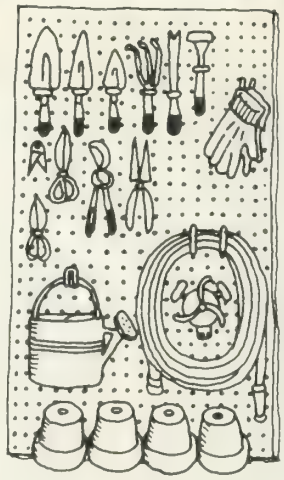
Step 1: Many homeowners consider the unattached garage itself to be just an addition to the property and let the structure fall into disrepair. The garage, like the house, has an exterior as well as an interior, and requires continual maintenance. Check the roof for holes and aging shingles, clean out gutters (if there are none, install some), rebank soil so that rain does not flow toward the walls (the earth below the cement floor will wash away), inspect the area where the walls meet the foundation (usually made of cinder block or brick) for small holes. If rodents are evident, patch to make the structure rodent-proof.

Step 2: Begin interior work by discarding any materials that have collected. Box wood scraps to be used for kindling. Clear the floor area of tools, bicycles, boxes, etc.—remove to the outside.

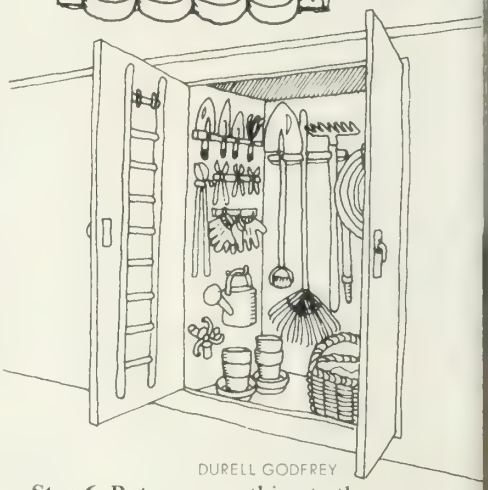
Step 3: Open all windows and doors to get rid of dampness. Install screens in the windows so that the sashes can remain raised as long as the weather permits. (Open windows without screens are an invitation for birds, squirrels, and other animals to enter.) Lubricate the sash tracks by using a candle.

Step 4: Use sweeping compound to help pick up the accumulated dirt on the floor; then hose down the cement. Is there a big oil stain on the floor beneath where the car is parked? Cover the greasy area with powdered cement or use a remover made to help lift the oil from the porous concrete.

Step 5: If the door is opened by sliding on an overhead track, lubricate the pulleys, springs, tracks, etc. with silicone spray. The door should then open and close with ease. A door that swings on hinges also needs work—silicone the hinge pins, tighten loose screws and replace missing ones. Replace broken windows in the door with acrylic sheet as the panes break. Loose sections of the doors should be secured by using mending plates (purchase at hardware store).



Pegboard, nails, hooks keep garage storage in order



DURELL GODFREY

Step 6: Return everything to the garage. Be sure there is plenty of room to maneuver the car in and out. Keep bicycles and lawn equipment out of the way of the door on the driver's side.

Step 7: Keep as many tools, materials, and lawn equipment as possible off the floor. (A) Drill holes in the wood of long-handled tools. Attach a length of 2-by-3 or 2-by-4 board horizontally spanning several studs. Drive long nails into the board and slip the handles onto the nails. (B) Hang the ladder, too. If it does not fit into the space between the studs (in an unfinished garage only), suspend it from the studs by using nails or large hooks. (C) Shelves are most important for storage. They can be supported on brackets made from 2 by 3's or 2 by 4's or by using inexpensive metal angles manufactured for this purpose. A deep shelf that clears the front of the car can be a tremendous help for storing lumber, paint cans, etc. (D) Quarter-inch pegboard is an ideal material for use when organizing small hand tools. A multitude of hook designs is available to hold practically any tool. Use screws to attach the board to the studs. If the studs are covered with sheetrock, add small neoprene spacers before the board is secured.

More House Fixer, page 66



AN OPEN AND SHUT CASE FOR BUYING A 1978 FRIGIDAIRE REFRIGERATOR.

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2 The Food-Life Preserver section. It features an Unwrapped Food drawer, vegetable Hydrator and seven-day Meat Tender.

3 This optional automatic, solid-state ice maker makes sure there is party-size ice when it's needed.

4 This small door means you won't have to open the big door every time you want ice cubes.

5 An Electri-Saver Switch can help you save energy.

6 Because your food comes in all sizes and shapes, you need these fully adjustable, tempered-glass shelves.

7 Nothing could be finer than to have our one-piece liner. It's a snap to clean.

8 Frigidaire's gorgeous 20.0-cubic-foot Refreshment Center refrigerator.

9 You can get ice, ice water and two kinds of juice, or other beverages, right through the door. It even has an activated charcoal filter that helps take impurities out of your water.

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A little-known fact about nonprescription methods of birth control:

None are proven safer or more effective than Emko Contraceptive Foam

Can you protect yourself against pregnancy and avoid serious health risks at the same time?

Many women today are questioning the value of 'round-the-clock contraceptive protection, especially if it means losing a feeling of health and well-being. Reliable birth control simply doesn't require so serious a sacrifice.

The Emko Company strives to provide the most sensible balance of contraceptive safety, effectiveness, and convenience. Emko Contraceptive Foam was developed to meet the needs of modern well-informed women seeking those benefits.

Simple birth control confirmed by modern science.

Emko Contraceptive Foam contains no hormones and requires no objects residing permanently in your body. There is no risk of the complications which concern people about the Pill or IUD. When used as directed, Emko Contraceptive Foam is a highly effective means of preventing unplanned pregnancy. In fact, during the fifteen years women have been using it, no nonprescription method has been proved more reliable.

One application provides immediate protection in two ways: the foam forms a self-fitting barrier to block movement of sperm. The active ingredient—one of the most potent—then acts to immobilize sperm on contact. Emko Contraceptive Foam is simple and fast-acting. It's been tested and proved effective by the most sophisticated scientific research techniques available.

NOTE: The U.S. Government Food and Drug Administration (FDA) has classified EMKO CONTRACEPTIVE FOAM as a highly effective method of birth control.

Why most women who use Emko Contraceptive Foam have found other methods unacceptable.

Most users have already tried Pills, IUD's, or diaphragms. Fear of long-term health risks, actual discomfort, and inconvenience are the usual reasons for switching from these methods to Emko Contraceptive Foam.

It's often considered a more "natural" alternative because it works the instant you need it, without affecting you 24 hours daily. Emko Contraceptive Foam is birth control *you* control. And there is nothing to fit or remove afterward, as with a diaphragm.

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There's no waiting for material to melt before protection can be relied upon. Emko Contraceptive Foam is a pleasingly delicate substance that need not interrupt nor interfere.

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All the Emko brands of contraceptive foam deliver more of the active spermicidal ingredient per application than any other brand. None contain potentially irritating perfumes.

Look for Emko Contraceptive Foam at drugstores everywhere. No prescription is necessary. To receive additional information, write to the address below for a free booklet, *A Well-Balanced Approach to Birth Control.*

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House fixer
continued from page 62



Cost cutter

To reduce summer air-conditioning costs, Ford Sunglas can be used for house windows or glass doors. The new glass absorbs, re-radiates, and reflects sun rays the way automobile tinted glass does or the bronze or gray reflective glass in commercial buildings. It keeps out 24 percent of the sun's heat but lets in 23 percent more daylight than bronze or gray glass, it is claimed. Installation can be as a single sheet or as double glazing in insulating glass windows and in storm windows. Double glass windows help keep heat indoors in winter as well as keep out sun heat in summer. Ford Glass Division, 30 Renaissance Center, Suite 2300, Detroit, Mich. 48243.



Mini greenhouse

For remodeling or a new house, a ready-made greenhouse window unit, the Sun Garden Window, is for indoor plants. Nine sizes range from 3-foot wide by 3-foot high ($175) to 6-foot wide by 4-foot high ($369). Projecting about 12 inches from the wall, the slanted top opens for ventilation. Single glass or insulating glass is available; the metal frame may be anodized white or bronze; there are 2, 3, or 4 shelves depending on the unit's size. Installation cost additional. General Aluminum Corp., P.O. Box 34221, Dallas, Tex. 75234.



Key collector

Hunting for misplaced household keys can be avoided with this Mini-Wall cabinet. Wall hung, it has hooks for 20 keys (or 10 if desired) with tags to name or number your keys. An index list for recording key numbers or names is also supplied. Of welded steel in a gray enamel finish, it weighs 3 pounds, is 8 inches wide, 10 inches high, 1½ inches deep and is equipped with a lock and two keys. $35, including shipping. Lund Equipment Co., Inc., P.O. Box 152 Breckville, Ohio 44141.



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A safety ladder for quick escape from fire attaches permanently to house walls. Housed in a 2-inch-wide pole, it swings open automatically when a latch at the top is released. Burglar-proof, the latch can't be opened at ground level unless an optional device is added. In two 6-foot aluminum sections to form a 12-foot ladder with grooved rungs, it fastens to wall brackets on the right when opened. FIREscape, $69.95. Daverson Enterprises, Ltd., 21 Saw Mill River Rd. Yonkers, N.Y. 10701. ■



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Top: African transport. What you see: The gentle giraffe, each differently marked. The real king of beasts, the noble, intelligent elephant.

TWO WEEKS IN KENYA
A week in tents, a week on Lamu—a resort island off the east coast

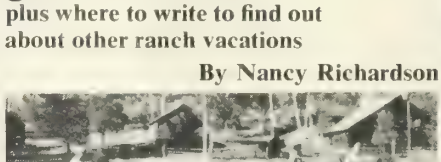
By Nadine Bertin

■ Kenya is justifiably famous for its wildlife. From the tiny, delicate dik-dik, a deerlike creature of chihuahua proportions, to the proud, noble elephant, who steps as softly and silently through the bush as a velvet-slippered monk, there still remains to be seen an extraordinary array of nature on the move. How long some of the animals will still roam is anyone's guess . . . seasons of drought and inexorable poaching have decimated not only the elephant herds, but many other species of animals as well. Some day, we may well see the end of the Game, but until then, for anyone who really wants to see the animals and live among them, *the* way is: *A Tented Safari.* It's how everyone who could afford it used to go on safari, and for the true feeling of "living in the bush," with absolutely no discomfort—in fact, waited on hand and foot in your own tent—there is nothing that will compare with it. The trip I took was arranged through Richard Leakey, director of the National Museums of Kenya in Nairobi, and its details were taken care of in this country by Lindblad Travel in New York City, under the direction of F.R.O.M.—the Foundation for Research into the Origin of Man, of which Mr. Leakey is the chairman of the board. F.R.O.M. and the National Museums of Kenya will be organizing trips such as this one each year, and should be contacted for details: Foundation for Research into the Origin of Man, P.O. Box 366, Far Hills, N.J. 07931. The trip they organize goes to three totally different areas of Kenya: to Koobi Fora in the north—an archaeological site which has produced many important animal and human fossils—to the Masai Mara to see game, and to the paradise island of Lamu. Mine was a special trip, but Lindblad has many regular tented safaris each year and can also arrange the side trip to Lamu for those who want it. Here are some notes on the safari and Lamu from my journal:

We arrive in Nairobi in August, rest, explore, buy last-minute gear and two days later fly in a chartered two-engine plane for an hour and a half to the Masai Mara Reserve, the northernmost part of the world-famous Serengeti, most of which is in Tanzania. Here African plains game live *(Continued on page 70)*

SUPER SUMMER DAYS at a Colorado guest ranch
plus where to write to find out about other ranch vacations

By Nancy Richardson



Trail riding at the Vista Verde Ranch

■ In the northern Colorado highlands between a national forest and a wilderness area is a guest ranch that rejoices in its 35-guest-at-a-time limit. Vista Verde, nestled in high meadows of wild flowers, is owned by Frank and Winton Brophy. In the summer and early fall, the ranch offers an ideal outdoor life that ranges from all-day rides, overnight backpacking, lake sailing at 8,000 feet, to leisurely afternoons wild raspberry picking (to be made into a pie for supper) or beaver watching from a hill overlooking the beaver pond. (The beavers are always messing up the ranch's irrigation s tem by damming and irrigation proje of their own that start in the bea pond up behind the main lodge.) A other full but lazy day could involv wild flower expedition. Bird walks c be particularly rewarding since recer the ranch has had a pair of nearly tinct Greater Sand Hill Cranes, wh nest there each summer. Black bear (friendly, shy relative of the notori grizzly) sometimes make an appeara as do quantities of elk and mule de

The Brophys are set up to have fa ilies at Vista Verde with their seve old-fashioned, native-spruce-log cab that have *(Continued on page*

HAVE A LARK ON THE FOURTH
and other summer trip tips

TOM EBEN BIA



Join a parade or make your own, Jul

■ Bring on the big Fourth of July rade this year. Not one where you li See what's doing in the next-door to Fun to watch, more fun to be in: fa ilies, dogs, ponies, block associatio summer camps, church groups w come, so are boy scouts, girl scou bands. Call your local chamber commerce to find out how to enter. organize a parade down your o street. Here's a short list of July fun across the country:

Bath, Maine: Five towns para down Bath's Main Street with ban horses, scout troops. Afterwards in square: a carnival with games, rides ferris wheel; also a crafts fair w home-baked things for sale. Car races on Kennebec River.

Santa Fe, New Mexico: Start ea with the Los Compadres street bre fast. $2 buys buttermilk pancakes, s sage, eggs any way you like. 10 A.M parade with *(Continued on page*

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continued from page 68

freely. We are on a photographic safari—the only type the Kenya government still allows. We land at Keekorok, a small airfield in the Masai. A lion lies across the airstrip as we come in, and as we taxi toward the lodge, elephant and buffalo appear to the left of the plane. Myles Burton, our guide and director of the Fig Tree Camps, says we've already seen three of the big five animals that everyone comes to see. Toyotas meet us at the plane (they seem to have replaced Land Rovers) and we drive 45 minutes along trails, dirt roads until we get to Fig Tree Camp. It consists of lots of individual tents plus a kitchen tent and dining tent. It's a pretty setting—inaccessible on three sides—on a promontory at the bend of the Talak River. The trees are full of birds and other things that make interesting noises. Baboons yell at each other, bats squeal. It's not irritating, but everything is chattering, squeaking, thrashing, hooting around us. For some reason nothing ever lands on my lap.

For the next five days, this is my life:

The latest I wake up is 6:30 A.M., having been zipped into my tent as though into a cocoon the night before. The front door of the tent is a big industrial zipper and the windows also zipper open and closed. *"Jambo, memsab"* says an African boy, as he unzips my tent, leaves me some tea, and disappears. As I drink my tea, I hear the sloshing of hot water into a large plastic basin sitting on a tripod outside my tent. Soon I wash my face, brush teeth, and since it is still chilly in the early morning, will wait to have a shower at lunchtime. (The shower's a bucket rigged up high with a handle that releases the water in a steady stream. Black plastic curtains the shower.) Trying not to trip over the tent pegs, I go across camp to the dining tent. There I fall into a sensational breakfast: fresh papayas, pineapples, hot and cold cereals, eggs any way, slices of camp-made whole-wheat bread, marmalade, jams, roast beef hash. I tank up. (One time lunch wasn't until eight hours later.) Never stop marveling at the feasts that come out of these camp-kitchens. The oven is a closed pan propped up over an open fire.

After breakfast, some calisthenics, then get cameras ready. Morning game run is called. We have three Toyotas. A professional guide drives each one. An African game spotter rides on top. Four of us to each Toyota in addition to driver and spotter. Most comfortable seat is next to driver; best place for photography is standing on back seat with my head through sun roof. What we do is drive and drive and drive looking for animals. The bouncing and jouncing of the Toyota creates the effects of constant isometric exercises—I don't ever have the feeling of "sitting" in a car. Can also eat like a pig and not gain weight. I see plains game—zebra, gazelle, wildebeest—sometimes in huge herds that are migrating north from Tanzania through the Serengeti. In August you can see plains animals moving shoulder to shoulder for miles. The predators—lion, cheetah, leopard—usually move in the early morning and again at dusk, looking for game themselves. (One day I see elephant and lion in the morning; cheetah and buffalo in the late afternoon.) Time flies. Trumpeting and flapping her ears, an elephant makes a fake charge.

A lion lies across the airstrip as we come in, and as we taxi toward the lodge, elephant and buffalo appear to the left of the airplane

Hot soup at lunch is a tradition in East Africa: The menu will also include cold roast meat, vegetables, or one curried dish (there are lots of Indians in East Africa). Then a nap. (We're on the same schedule as the lions and other predators who also nap midday.) 4:00 P.M.: tea and cakes and out again into the Toyotas for the evening game run. By 7:00 P.M. in camp again because it's dark. There aren't the long summer evenings in this part of Africa. Change for dinner: wool knit pants, turtleneck. Special treat at dinner: angel cake baked over the fire with hot fruit conserve poured over it. Afterwards, a big fire is lit, tales told, game runs rehashed. Some people play backgammon. I'm in bed by 9:30. Night noises: sneezing and chattering of little animals. Deep cough in the background is a lion, sounds far away and low, like a fog horn. I think back over the day—elephant pretending to charge, a lion sauntering, cheetahs doing all sorts of things. Last time I came to Africa I'd seen no cheetah at all. Incredible peace as I fall asleep. This is one way to spend a week in Kenya.

LAMU

But there are many other fascinating aspects to Kenya besides its wildlife. One of these is its beautiful coastline, along the Indian Ocean. There are several resort towns along the coast, namely Mombasa and Malindi, but for a special treat, there is Lamu.

A small island off the coast, Lamu is reached by small plane from Nairobi to the edge of the mainland, then by boat—a large motor-driven dhow, the local form of sea transport. The Peponi Hotel is a dream, perched on a point of the island, with deserted white sand beaches stretching out on either side.

The rooms are individual white stucco houses, from which you step out onto a green lawn, wildly colored bougainvillea growing on either side, and the beach and sea at your feet. The food is delicious, the service constant. From the hotel, it's a 20-minute walk inland or along the beach to the town of Lamu with its many little shops, wonderful local museum, part of the National Museums of Kenya, bank and post office.

Lamu is a Moslem community, inhabited by Africans and Indians. As a result it is a fascinating compendium of architectural influences (for centuries traders stopped here on their travels). Wood carving is one of the chief talents of the people of Lamu, and you see examples of this work in the museum, along with re-created actual rooms (including a sublime nuptial bedroom) and displays of the clothes worn by the people of Lamu who have a Swahili cultural background. Most of these displays were put together by Linda Donley, a young American who is assistant curator at the museum working under the direction of Mr. Ali Abubakar Mohammed, the museum's director. Linda and another American girl, an artist, have recently bought a house in the town of Lamu, and are busy restoring it to its original 18th-century design, with the help of local craftsmen. Should you go to the Lamu Museum, the director would be able to arrange for you to see Linda Donley's house.

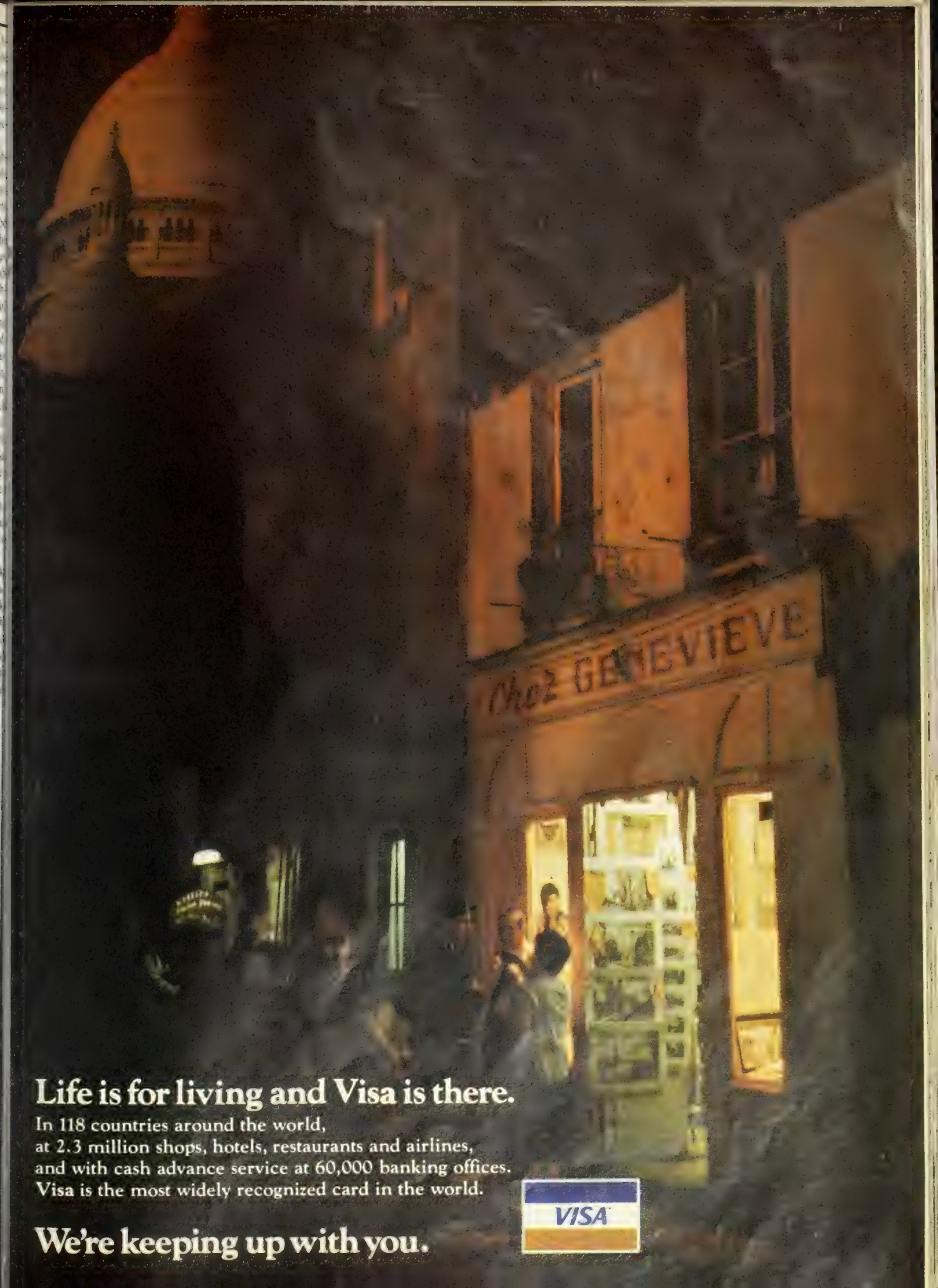
If you're not in the mood to walk back to the Peponi Hotel, across from the museum's entrance there is a long dock where you can usually find a native with a dhow, who will motor or sail you the 10 minutes along the coastline back to the hotel. There are no cars, not even bicycles, which is another reason one can so easily "let go" on Lamu Island.

What you will need on safari

Everything should be washable. There are no dry-cleaning facilities in the bush, so forget about the divine gabardine pants—and jackets, even if they did tell you it was a "safari jacket." Real safari jackets are made of heavy beige cotton, often with short sleeves, and the older they are and the more they have been washed and ironed, the softer they become and the more you love them. Buy these in Nairobi along with khaki shirts and shorts, desert boots, film.

Don't worry about your luggage. *It stays locked up in the storage room of your hotel.* When you go on safari, you are issued a smallish suitcase or metal footlocker, like the one kids use in camp, and that's what you put your safari clothes into. The city clothes stay in your suitcase, which is left behind securely registered at your hotel. The wear and tear on bags makes it necessary to use these special cases. They are not larger steamer trunks, so don't plan to take triples of everything. Besides, on safari your *laundry is done every day*, so you only need one thing on your back and another being washed.

Continued on page 73

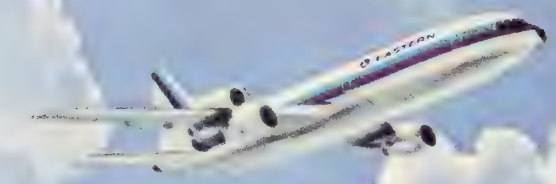


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Columbus, Ga
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Daytona Beach Fla
Detroit, Mich
Evansville Ind
Ft. Myers, Fla
Gainesville, Fla
Greensboro, High Point, Winston-Salem, N C.
Greenville, Spartanburg, S C
Hartford, Conn
Houston, Texas
Huntsville, Ala
Indianapolis, Ind.
Jacksonville, Fla
Lexington, Frankfort, Ky
Los Angeles, Calif.
Louisville, Ky
Macon, Ga
Melbourne, Fla
Memphis, Tenn
Miami, Ft. Lauderdale Hollywood, Fla
Milwaukee, Wis
Minneapolis, St Paul Minn
Mobile, Ala
Montgomery, Ala.
Nashville, Tenn
New Orleans, La
New York, N Y Newark, N J
Omaha, Neb
Orlando, Fla (Magic Kingdom)
Pensacola, Fla
Philadelphia, Pa
Pittsburgh, Pa.
Portland, Ore
Providence, R I
Raleigh, Durham, N C
Richmond, Va
Roanoke, Va
San Antonio, Tex
Sarasota, Bradenton, Fla
Seattle, Tacoma, Wash.
Springfield, Mass
St. Louis, Mo
Syracuse, N.Y
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Two weeks in Kenya
continued from page 70

WHAT TO BRING FROM HOME FOR SAFARI

- Jeans, if they suit you.
  Cotton T-shirts, short and long sleeves.
  Cotton and wool socks (they'll also keep your feet warm nights).
  A baby pillow, if you use one, with one extra cover.
  A flashlight, travel clock, antiseptic for simple first aid, bug repellent (Cutter's is good).
  Cotton or nylon nightgowns or pajamas, lightweight robe, flat slippers, underwear.
  Cotton long-sleeved shirts (2).
  Sweaters. Cashmere pullover that can be worn under a shirt in the early morning or at night, a heavy cardigan to top off everything. (This can also be worn as an evening jacket in Nairobi.)
  Do not bring white, bright colors, or loud patterns. The animals don't like it.
  A bathing suit.
  Sneakers. A pair of desert boots (can be bought in Nairobi or ordered from L.L. Bean).
  A squishable cotton hat with a brim (for the sun), good sunglasses.
- A good paid of binoculars.
  Besides your usual cosmetics and shampoo, *lots* of moisturizer and hand creams (some in small plastic containers you can stash in your shirt or jacket pockets) and good hair conditioners.
  An extra pair of reading and/or long-distance glasses.
  Paperback books with *large* print to read (not much light at night), that you can give away.
  Camera. If you are a real pro, take a 35 mm. camera, a 35 mm. wide-angle lens and either a 300 mm. telephoto lens or a 85-225 mm. zoom lens—if you can, take two cameras, one for each lens.

EXTRAS TO BRING FROM HOME FOR NAIROBI AND LAMU

- A couple of dresses for dining out. Perhaps a long cotton T-shirt dress and cotton shawl and a short one-piece or two-piece cotton or silk knit dress.
  One or two daytime outfits, one of them a pantsuit, perhaps, which could cover all occasions.
- The temperature in Nairobi ranges from the high 60's to 80 in the daytime with cooler nights. In Lamu it's slightly warmer. Like the climate of Florida in winter.

What to do in Nairobi

Shopping in Nairobi is great fun. Starting off from the center of town, which is the front door of the New Stanley Hotel, you will find good shops for safari clothes, cotton batik fabrics, carved wooden figurines and other African art, including paintings, jewelry, mats, Masai crafts. Along wide Kenyatta Boulevard, and on almost every street, you'll find stalls full of these local crafts. Recently, the Government of Kenya shut down all curio shops selling ivory or other items made of animal skins, horns, etc. Even if these things are offered to you, *do not buy them.* Everyone must help in the effort to save these animals from destruction.

Nairobi has several very good hotels:
1. The New Stanley Hotel: the hub of the city, an old-fashioned and fascinating place. Just standing in its lobby watching the comings and goings is worth it. Better yet, find yourself a curbside table at the outside café, the Thorn Tree, and watch the world go by.
2. The Norfolk Hotel: One of the prettiest hotels anywhere. The rooms are in different sets of low buildings that surround a beautiful inner garden which is full of large cages that hold exotic birds. There's a wonderful breakfast and lunch buffet that will quickly acquaint you with East African food, which is varied and delicious.
3. The Nairobi Hilton: Ultra-modern, and up to the standards of this fine group of hotels. Good shops.

There are very adequate hairdressers at all hotels. Electrical hair appliances can be used in Nairobi but not in a tent. The ideal thing is to have your hair cut short or permed so it can wash-and-dry or have it long enough to twist up into a knot.

The headquarters of the National Museums of Kenya is in Nairobi. Do not miss the new wing: The Louis B. Leakey Center for Prehistory. In it, see mind-stretching displays of human and animals bones and fossils that date back millions of years. ■

Have a lark on the Fourth
continued from page 68

San Idlefonso and Tesuque Indians riding horseback, girl scouts in uniform, and others dressed as pioneers. Mariachis play on the plaza during a picnic lunch. Later, country and western singers, square dance groups take over. At night: fireworks at the Santa Fe High School.

Kansas City, Missouri: Speedboat races on the river front. Nearby: 3-legged races; logsawing, watermelon-eating, bubble gum-blowing contests. Also volleyball tournaments, games of horseshoes. Trophies awarded. Major fireworks at night.

Williamsburg, Virginia: 10 A.M.: militia muster and review of the Virginia State Garrison Regiment Fifes and Drums. Then trooping of the color: 13 flags from the 13 original states; everybody marches to the Bruton Parish

Continued on next page



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Have a lark on the Fourth
continued from preceding page

Church (it's over 200 years old). The church organ plays "America"; the minister leads prayer for the country. Later a slide show at the Information Center tells the history of Williamsburg during the Revolution. 8 P.M.: a recital at the Bruton Church.

Duxbury, Massachusetts: Festivities start before the 4th with a country fair and auction at Duxbury's First Parish Church. Also buy "church supper" home-baked yummies there. For children: pony rides and fire-engine rides, a puppet show. On the 4th: a parade and fireworks in nearby Plymouth.

Another idea for a whole-family excursion: The National Audubon Society has 60 wildlife sanctuaries across the U.S. Some are ideal for a day's outing, since there are camping and picnicking sites nearby. The N.A.S. puts out a pamphlet listing sanctuaries that want visitors plus the closest motel, hotel, restaurant possibilities. In Naples, Florida: The Corkscrew Sanctuary has a mile-long boardwalk that leads visitors through swampland. There see 700-year-old bald cypress trees, wood storks, exotic vines and plants. Greenwich, Connecticut: 400 acres of woods, open fields, ponds, streams, and marshland. Adult ecology workshops available. Admission $3 for adults, $1 for students, under 12 free. For complete information, write National Audubon Society, 950 Third Avenue, New York, N.Y. 10022.

Two of Venice's big-best hotels—the Cipriani and the Gritti—have the same idea this summer: a hotel-based cooking course for their clients who know food, love to cook, and would come a good distance to learn more. The Gritti Palace (Cigahotels), is offering three- and five-day cooking courses from June 26 to August 26 with Julie Dannenbaum, president of Creative Cooking, Inc., a cooking school in the U.S. (see H&G April '78). She will emphasize Venetian cooking. Classes every morning, afternoons free. $224 double occupancy for the three-day course, $373 double occupancy for five days.

General manager of the Gritti until last fall, and now general manager of the Cipriani, Natale Rusconi (a man whose talent for living and especially cooking had sparked the Gritti's super-chef fests in the past) has devised a famous-cook vacation at the Cipriani from June 20-June 30 with Simone Beck. Mrs. Beck's ten-day French cooking course can be taken in a three-day section for $238; five days at $357.90; or ten days, $644.22. The fee includes breakfast and cooking classes. Write or telephone the Cipriani (Tel: 85068) for additional information. (Mrs. Beck has made a schedule that shows what will be cooked each day.) You can reserve in the United States through H.R.I.: (800) 223-6800. ■

Super summer days
continued from page 68

fireplaces, window boxes full of alpine flowers, several bedrooms, and up-to-date bathrooms. All meals are taken at long tables of ten in the lodge where Heddy Koester, the German cook, offers up homemade and home-grown everything from whole-wheat and rye breads, fresh baby vegetables just out of the garden, the ranch's own beef and pork, to pies that depend on what the berry-pickers produce. Horseback picnics consist of Heddy's brownies, apples, roastbeef sandwiches of homemade bread, cold juice or herb teas. Horses can be rented by the hour or by the week for $55.

The season runs from Memorial Day to Labor Day, with a small season in September when you cook for yourself, and later in the year when it's necessary to thin the elk population, the Brophys do small elk-hunting expeditions. In the summer, the weekly rate for an adult is $210; $190 for a child under 12; $140 for children under 6, and no charge for children under two. For information, write Frank Brophy, Box 465, Steamboat Springs, Colo. 80477.

For other ranches in Colorado, write the Colorado Dude & Guest Association, Box 6440, Cherry Creek Station, Denver, Colo. 80206. Or write the Dude Ranchers Association, Tie Siding, Wyo. 82084 for ranches all over the West. ■

BOOKLETS

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Kenya Safari Guide has practical information on where to stay, what to bring, and what to do in Kenya. Included are restaurants, where to play golf, and basic Swahili words.

2. Details on tented safaris and other excursions to Africa are given in British Airways/Lindblad's **Holidays in Africa.**

3. South Africa is a country of variety—from diamond mines to snow-capped mountains; 850 species of birds and almost 18,000 species of plants; from bush tribes to the urban centers of Johannesburg and Durban—it is a **World in One Country.** 48 colorful pages including map.

4. For 23 days, experience the "Sights and Sounds of South Africa and Kenya." Stay in Johannesburg, Cape Town, Durban, Zululand, Swaziland, and Nairobi plus more. Thirteen other tours of southern Africa given in South African Airways' **Africa 1978: Tour Sales Guide.**

5. Kenya has perfect year-round climate—warm days and cool nights—miles of deserted beaches, and wilderness full of animals. **Kenya: The Big Country.**

6. Kenya's Coast—300 miles of beautiful beaches. Many watersports are available: water skiing, scuba or skin diving, boating, and big-game fishing.

7. Kenya Safari Map and Guide is a poster-size map of cities and parks in Kenya, with roads, railways, game reserves, and lodges marked. Also includes important facts on climate, immigration, currency, health precautions.

8. American Express's **Untypical Travel** kit contains 9 brochures each with a unique approach to a vacation. You choose either an "in-depth" vacation in one country, or a tour with a theme that takes you to several different nations. Trip ideas include "Africa's Wildlife," "Land and Life in East Africa," "Comparative Role and Status of Women," "Spotlight on Scandinavia," plus five other unconventional vacation ideas.

9. Lindblad's **Arts and Civilizations Tours** are accompanied by an expert lecturer on trip-related subjects, as well as a professional tour guide. Trips include "Joan of Arc's France," "Asian Dance, Dramas, Deities," "Etruscan Places," and others.

10. Opryland '78 Nashville Tennessee: music, rides, and magic plus good food and entertainment. Watch the taping of a TV show or wander through the gardens of Andrew Jackson's mansion.

11. Take Eastern Airline's "Walt Disney World Plus" tour and also visit Sea World, Circus World, Stars Hall of Fame, and Cypress Gardens. More in **The Real Walt Disney World and Central Florida.**

12. Libertyland is actually three amusement parks in one—Colonial Land, Turn-of-the-Century Land, and Frontier Land. Rides, shows, entertainment for all ages. Group rates available. Details in **Libertyland: What fun is all about.**

Circle the number of each booklet you want. Add 50¢ for postage and handling. Do not send stamps. Allow up to 4 weeks for delivery. Mail to: HOUSE & GARDEN, Dept. 6A, Box 3579, Grand Central Station, New York, N.Y. 10017.

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SUMMER MEANS ENERGY—

Time to wake up, limber your limbs, try something you've never done before. You could cook a new dish, start a new project, plan an exciting trip, work the kind of easy decorating miracle that makes the house look suddenly fresh, reborn. This issue is full of ideas that start summer right here

Miniature vegetables are big and getting bigger, especially among gardeners with less space than they know what to do with. You can grow 3-inch carrots, cantaloupes the size of your palm, baby corn, portable watermelons, and one-serving heads of lettuce. Tiny vegetables mature early, too, and were tailor-made for pot gardening. You can get seeds from the Park Seed Company, or check your local garden center. Shopping information, page 148.

If you've gone fishin', *the newsy way to cook your catch is in newspapers, outdoors on an open fire. Wrap a cleaned, salted fish in waxed paper, then in layers of newspapers to make a neat packet four times thicker than the fish. Dampen thoroughly, set in the fire. If packet catches, just douse with water. Writer and cooking teacher Beatrice Ojakangas says a 2- or 3-pound fish cooks in an hour.*

How about an evening at the drive-in—just for old times' sake? The film to see this season will be *Grease*, John Travolta and Olivia Newton-John's new flick about a high-school romance in the duck-tailed, pedal-pushered 1950s. A boop-she-boop, rama-lama-ding-dong good time, to be released by Paramount all across the country, beginning in June.

Soft-as-a-cloud fabrics *are the ones to use this summer: handwoven cottons in light bright colors, wafting over from India and the Far East. Airy gauzes to gather into a tent for a bed or a porch; the blurry hand-painted look of ikat; and today's madras—large-scale stripes and plaids for summer slipcovers, tablecovers, or a roomy caftan.*

Put on a happy face—one that looks tan even if it's never been exposed to the sun's drying rays. New tinted moisturizers, just on the market, are washed with healthy color, some touched with gold for a subtle sunshiny look at night. Colour Rub by Clinique; Sportcream by Borghese; Shine Control Lotion by Estée Lauder; Tinted Moisturizer by Moon Drops.

The freshest way to set a summer table: *White on white—romantic, graphic, very young. Try a white damask tablecloth, architectural white plates, traditional oversize knives and forks in the whitest silver, and goblets of clear glass—as they do at Le Relais restaurant in New York, where two yellow or apricot tulips nod in frosted white flutes at each place... Or, spread a white cloth over a glass-topped table as Lella Vignelli does, use clear glass plates and goblets, glass bowls of airy white flowers and white grapes, and glass decanters—one to hold wine, the other a candle. The frosted look comes from diffused white light glowing up from beneath the table.*

A different kind of stenciling—THE new summer refresher for your rooms. Watercolory, transparent, brushed on with airy strokes instead of the traditional pounce method, the new technique lets you cover your walls with vines, flowers, and other summery motifs at a clip of 30 seconds per square foot. Everything you need comes in Adele Bishop's new kit (about $30 to $40 depending on the design). Shopping information, page 148.

Try an island meal: *Bahamian "peas 'n' rice," an old native dish made with gandules (pigeon peas), long-grain or brown rice, and the freshest fish you can find. In a large saucepan, sauté an onion until transparent. Add a mashed garlic clove, two peeled, cut-up tomatoes, a cup of soaked pigeon peas, a sprinkling of oregano, and a bay leaf. Let the flavors mingle in a communal simmer, then add water and rice according to rice directions. While rice cooks, steam fish filets (islanders use grouper, kingfish, or other firm muscly fish) in a covered frying pan with nothing but a little oil, a little water, maybe an educated dash of white wine. Serve over the rice mixture, accompanied by a glass of crisp chilled muscadet.*

Take a needlecraft tour with a famous needlewoman. For two weeks in August, you can travel to castles, museums, and manor houses in Scotland and England to see some of the most beautiful needlework in the world. You'll meet personal friends of Erica Wilson as well as other needlework enthusiasts, get some needlework instruction, and have a chance to do some traditional stitching yourself. For details, write to Erica Wilson Needle Works, 717 Madison Avenue, New York, N.Y. 10021



Summer outdoors

CELEBRATION

MIDSUMMER'S DAY

Dancers circle the maypole and feast from a fragrant picnic buffet, on the day of the summer solstice—a time to enjoy the longest day of the year out of doors

A midsummer party is a tradition of Swedish-born Maletta Pfeiffer and her husband, Werner, who gather with family and friends at their New England house to dance in traditional costumes and enjoy an outdoor buffet of grandmother's herring, dilled potatoes, homemade breads, and fruits and cheeses. For recipes, see page 139.

SUSAN WOOD

MIDSUMMER'S DAY

A day of gaiety, music, and wonderful food prepared the Swedish way





The longest day of the year is always cause for celebration. And the Pfeiffers celebrate here just as their ancestors did in Sweden. The day begins like a storybook tale: In the morning, the young girls pick daisies, Queen Anne's lace, and clover for crowns, and dress in authentic Swedish folk costumes. Inside and out, the house is adorned with wild flowers and leaves; birch branches decorate the maypole around which dancing to the music of a violin goes on until bedtime, when flowers are tucked under pillows to ensure romantic dreams.

SUSAN WOOD

Painter Werner Pfeiffer, **above,** drives his guests by tractor to the Swedish summer feast. **Left:** His daughter, Michaela, in the arms of her friend, Ingela Nilson. Both of them wear the flowery crowns they have just made from wild flowers and show off their pristine, colorful folk costumes.

Summer outdoors A CELEBRATION

FOURTH OF



A picnic! Is there a friendlier way to get together on Independence Day (or any summer's day)? Here, an old-fashioned picnic in the Shaker tradition

A picnic at Hancock Shaker Village in Hancock, Mass., with delicious homemade dishes from the past: Stone crocks hold lemonade and cold tea; wooden baskets protect Concord grape and rhubarb-lemon pies; sandwiches and meat pies are piled on gingham. Recipes, page 48. *Inset, right:* Shaker loaves sliced the old-fashioned way.


JULY











Summer outdoors **FOURTH OF JULY**

The Shakers delighted in simple pleasures— like hearty, inventive food

Shakers, who observe strict religious customs and are famous for their beautiful furniture and food, have always loved picnics—and would pack one at the slightest provocation. There was a great deal of coming and going in their villages and the food for each trip was chosen with care: It had to keep well and be delicious. In the voluminous letters the Shakers exchanged, they described in detail how they took children for a day of picnicking, games, brook wading, and fishing. At this picnic, photographed at the Hancock Shaker Village in Hancock, Massachusetts, is some of their delicious food re-created from recipes from *The Best of Shaker Cooking* by Amy Bess Miller and Persis Fuller (Collier). The authors evoke the charms of these outings, quoting from the Shakers themselves: "Some aged sisters . . . placed great hampers of food in the wagon drawn by old Bailey. They spread their humble feast under a blooming red bud tree." The Hancock Shaker Village's 21 buildings are open June 1 to Nov. 1, 9:30 to 5. Its special events include dinners for visitors, a crafts festival, a farmer's market, and, of course, a picnic.

Above: Gingham-covered baskets ready to be loaded onto the horse-and-buggy.

Right, from top: In the Hancock Shaker Village kitchen: green bean and lettuce salad in preparation; broiled chicken with cream of tarragon sauce; hand pies—4-inch crusts filled with pork, sage, apples; cream layer cake, herb cookies, and fresh fruit for dessert.

Opposite page: All the makings for sweet cherry sandwiches—a mixture of crushed pitted cherries, chopped almonds, lemon juice, and sugar.

BEADLE







Wonderful ways to CELEBRATE SUMMER

Plant cherry tomatoes in pots on the terrace for pick-it-yourself crudités at cocktail time

Opposite page: City lunch with a country flavor, set high above the park—scallions, radishes, baby carrots, and asparagus gather in porcelain berry boxes on a table of blue and white. Wicker furniture with crisp cotton cushions adds to the fresh-air feeling. For garden greenery, tubs of day lilies, and petunias in a wicker basket, on Richard and Pamela Scurry's terrace. Antique wicker at Pamela Scurry's The Wicker Garden. Alan Campbell fabrics. Shopping information, page 148. **Right:** Frozen kiwi mousse to at Michel Richard's, Los Angeles, Santa Fe, and Paris. Recipe, page 132.



Have a herb-scented barbecue, set a table outdoors, garden on tabletops, or enjoy fruity summer desserts



Above: Fold-up cedar table is an indoor/outdoor ottoman, cocktail table, greenhouse potting bench. "Styx System" designed by Donald Davidson. $110. At Bailey/Huebner. Chair, page 92. Shopping information, page 148.

Herbal delights

For an herbal bath, hang a cheesecloth bag of camomile, pennyroyal, mint, lavender, sage, or thyme under running water, then let it steep. *Nasturtiums* pep up summer salads and sandwiches. *Freeze lemon balm or mint* in ice cubes, add to iced tea. *To extend the basil season,* layer leaves with olive oil or kosher salt. Refrigerate in a covered jar. *A little rosemary* thrown on the coals adds flavor and fragrance to your barbecues.



Splash

into a private swimming pool nested in a flourishing garden of dwarf fruit trees, vegetables, flowers, and herbs. Everything's planted in neat boxed-in beds. Wire mesh set flat outside the fence keeps out deer. Landscape architect: Nelva Weber.

CELEBRATE SUMMER *Plant a garden around your swimming pool, grow succulents on a sunny terra keep canteens full of fresh fruit juices, decorate dining rooms to look and feel like blooming summer gardens*



ADAMS
RUSSELL MACMASTERS
HORST
KAREN RADKAI
BEADLE
TOM YEE
JOSHUA GREENE



Left: Light, bright plastic canteens for hot or cold food and drink. Removable carrying strap adjusts, to sling over your shoulder or the limb of a tree. By Poloron. *Above:* Mini-garden of succulents in terra-cotta pots with a blooming Reiger begonia on the terrace at William and Joanna Jordan's Pacific Coast house. See page 104.

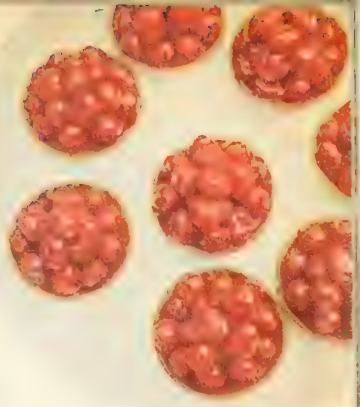


Right: Tulip-covered tablecloths, lemon walls, and grass green curtains turn the dining room of an old Victorian house in Maine into a year-round summer garden. Glasses of nasturtiums accent a table set with country china. Wooden chairs are painted white, and padded to match the curtains. Underfoot, a multicolored rag rug. Interior design, Parish-Hadley.

Pretty food: peach leaves around a peach cobbler, white cake with a circlet of roses, nasturtiums on lemon or orange sherbet

Right: Meals in the woods can be fresh, tasty, and totable. Cooking teacher Nan Mabon shares her recipes for exciting backpacking food (page 42)





Above: Heap tiny tarts with raspberries, glaze with melted currant jelly. By Michel Richard, Los Angeles.





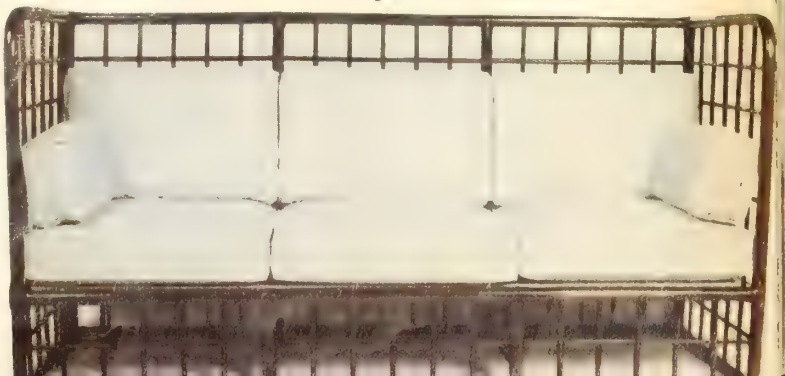


ESCAPE

For only $550, you can replace your tent in the woods with a weekend cabin that's easy to build

Above: An old-fashioned sleeping porch inspired this low-cost weekend cabin, more comfortable than a tent, and still close to nature. The 7-by-12-foot dwelling rests on wooden posts set in concrete, with a corrugated fiberglass roof and clear acrylic windows at either end. A drop-down tarp shelters sliding screen panels along one wall. Architect Tom McHugh assembled the shelter in 3 days, after prefabricating the pieces in his city apartment. Total cost, about $550. To order plans, see Shopping information on page 148.

Right: A cushioned rattan sofa framed with open-air grids. Baker. For Shopping information, see page 148.





CELEBRATE SUMMER Have a vegetable roast on a flowery terrace, serve drinks in jackets of flowers in ice, plan portable meals on a tray



Above: Carved redwood furniture with a rustic feeling, set for a picnic on the garden terrace of Mr. and Mrs. Thomas Perkins. Furniture at The Greenery, San Francisco. *Left:* Portable meals, like this one on a tray dressed by Valentino, with hand-painted ceramic dinnerware and ceramic-handled knives, forks, and spoons. From the Valentino Piu ("a little more") shop. Tray, Alessandro Studios. All at Bonwit Teller. Shopping information, page 148. *Right:* Scandinavian aquavit chilled in jackets of flowers in ice, part of the annual Swedish celebration to welcome the longest day. Share the festivities, page 80.

Summer salad: arugula, chicken, avocado, sliced raw mushrooms, orange or grapefruit sections, with a lime juice/curry/olive oil dressing.

A vegetable barbecue: corn, zucchini, potatoes, carrots, broccoli, and onions, dotted with butter, packed in foil, to roast on the coals.

Fruity breakfasts: frozen yogurt and orange juice whirled in the blender, or a bowl of pineapple, melon, and peaches with cream.





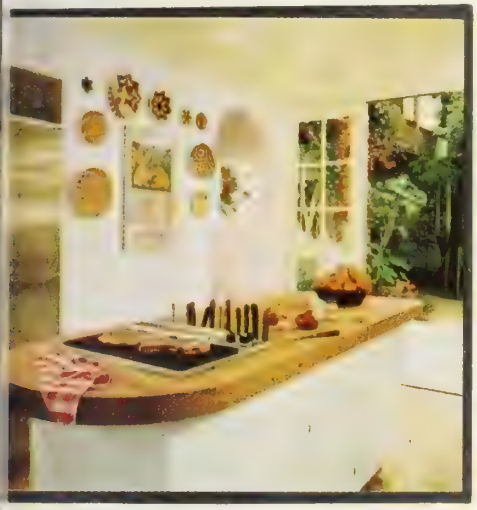
***Right:* Move-about rattan tables and chairs. Lawrence Peabody** for Diversified Design Industries. $329 and $469. At W & J Sloane.

A little lime for ood and drinks, as a rinse for undry or hair





Above and right: For outdoor concerts in the park, how about take-along suppers packed in Chinese baskets? Here, apple-smoked chickens, fresh zucchini salad, sliced tomatoes with basil, shrimp rémoulade with melon. Chickens, $9.55 each, from Menuchah Farms Smokehouse, Rt. 22, Salem, N.Y. 12865, or at Macy's, New York.

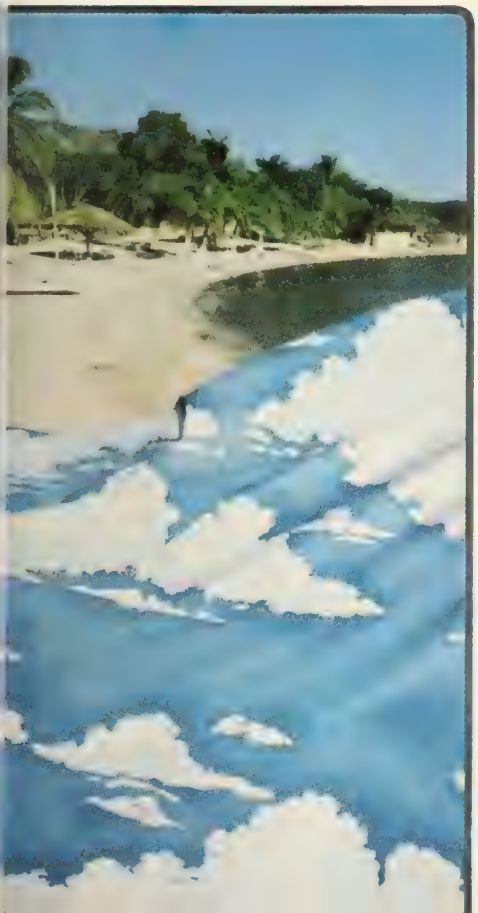




RUSSELL MACMASTERS
[illegible]
JOSHUA GREENE
SUSAN WOOD
TITO BARBERIS
MORLEY BAER
WILLIAM P. STEELE
TOM YEE

Nature's kitchen

Left and far left: **Kitchen with a doorway to nature—French doors open onto a flower-filled patio, reflected in a mirror at the far end of the room. A countertop grill adds to the outdoor feeling. Designer, Michel Arbaut, Los Angeles.**



Live outdoors, or bring it in, with mirrors and fabric that reflect a garden view, echo a summer sky

Left: Summer sky captured on cotton. Intair. Shopping information, page 148. *Right:* Lunch in an ivy-covered courtyard, with a centerpiece basket of zinnias and vegetables on the double-skirted table, surrounded by topiary eugenia and English boxwood. In garden of San Francisco cook Emalee Chapman.

Sweet scents of summer

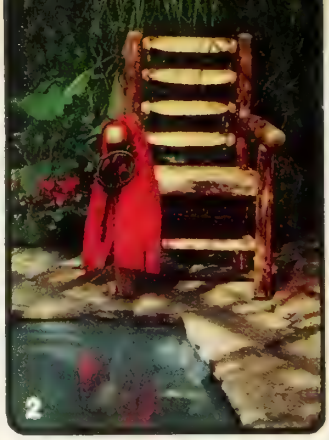
For fragrance, surround an outdoor porch or terrace with a carpet of sweet alyssum, woodruff, lily of the valley; gardenias in pots; a mock-orange hedge; or tubs of white petunias, bee balm, sweet mignonette, scented geraniums, salvia, and lilies.



SUMMER FINDS


1

KAREN PACKER


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12

23 new ideas to make your summer living easy



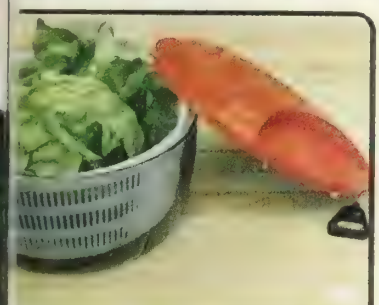






1 White cedar chair you put together at home. By Don Davidson at Bailey/Huebner. **2** The country seat: a rustic wood armchair of hand-hewn cedar. LCS/Green Metals. **3** Barbecue grill by Perstorp, hung with mitts and towel by Rudi Gernreich for Barth and Dreyfuss of California. **4** Ice it and take it with you in insulated coolers and plastic "Playmates." Igloo. **5** Easy-to-assemble round redwood dining—or picnic—table. John Hancock Furniture. **6** Heated soapstone in insulated pot to cook and keep food warm. Rock Pot International. **7** 75-quart ice chest with crisper tray. Utility container inside. Both by Poloron. **8** Redwood chair you assemble yourself, with seat of indoor/outdoor fabric. John Hancock. **9** Lightweight insulated quarts and pints. Aladdin. **10** Freezer-to-oven cookware by Schmid; matching placemat and fabric. All at Pierre Deux. **11** Sunny lunch box and plastic thermos. Bailey/Huebner at Henri Bendel. **12** Double-jointed "Zeta" lamp. Ambienti. **13** "Bird of Paradise" air-brushed cotton duck hanging panel. From Hot Air Designs. **14** Salad spinner, dishwasher-safe. Hoan. **15** Folding food slicer. General Electric. **16** Fruit-or-vegetable juicer by Krups. **17** Nonstick grill-top that cooks anything, flapjacks to steaks. Reston Lloyd. **18** Translucent glass inside in a curl of brass or polished chrome.

WILLIAM P. STEELE













"L'Escargot" accent lamp by Pierre Cardin. Laurel Lamp. **19** Metal table on castors will follow you anywhere. "Vademecum" at Ambienti. **20** Water carrier, quart canteens. Poloron. **21** Collapsible baskets: sturdy, easy to clean, and fix on handlebars. Manhattan Ad Hoc. **22** Striped beach umbrella. Lord & Taylor. Pillows covered in Kodel and cotton by Pauline Trigere for Sumergrade. **23** Butterfly fabric by Big/Art Designs. Shopping information, page 148.



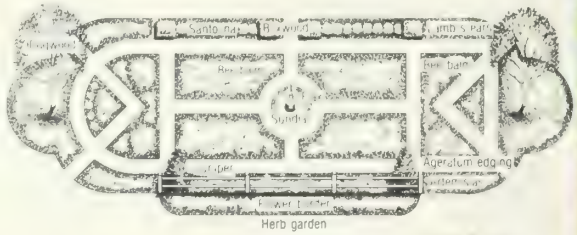
Food, fragrance, flowers

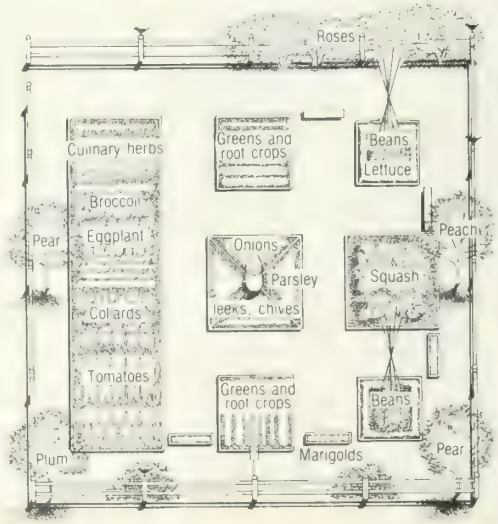
Two exuberant gardens — one of vegetables, one of herbs — both planted so thickly there's no room for weeds



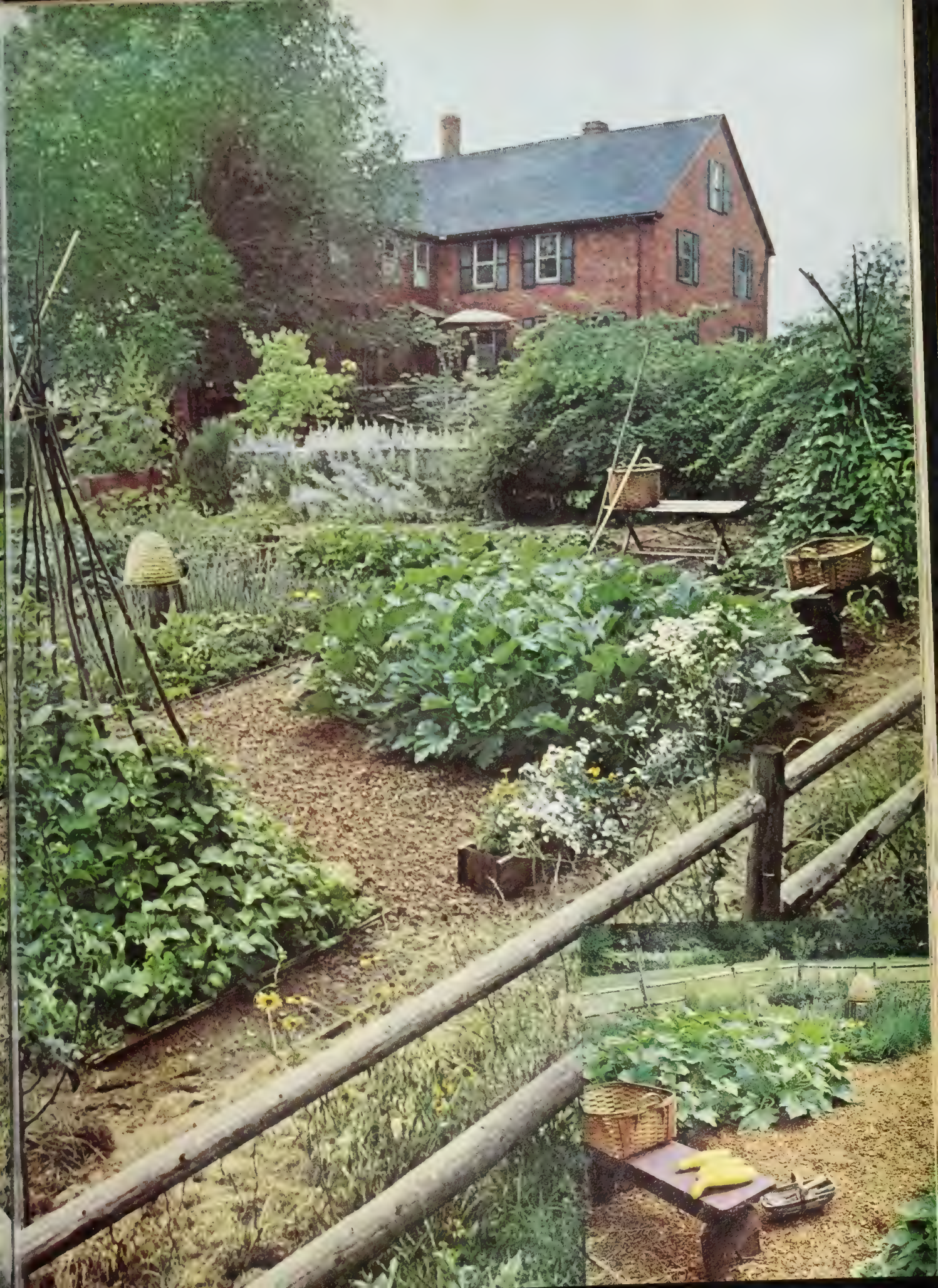
Above: Dick Holiman harvesting artemisias for winter wreaths in garden of fragrant and culinary herbs.
Right: Plan of formal herb garden and 40-by-40-foot vegetable patch.
Far right: Garden with rose-draped fence; dwarf peach, pear, plum trees; bean tepees, other framed-in beds; and field-flower border to simplify care.
Opposite page bottom: Old bench, baskets, and bee skep add charm.

It's hard to imagine this garden as it once was —rocky land claimed by weeds and brambles around a neglected 1800s house. First the house was set to rights, then an herb garden was planted—such a delight it proved too small; and a vegetable and fruit garden—so plentiful it seemed too big. "With this expanse of lawn, the gardens had to be big or look out of scale," says fashion illustrator Richard Holiman, who restored the Connecticut property with Jacques Alschech, "but there wasn't enough time for weeding or putting by all that food we were growing." The solution: Set plants so closely there's no vacancy for weeds, and cut the productivity of the vegetable rows in half by corralling the crops in wood-framed beds surrounded by wide wood-chip paths. Silver King artemisia banks a corner of the fence near the herb garden, and care-free wild flowers in a hay-mulched border make an easy transition between vegetable beds and field. Now "the only real chore is lawn-mowing," and the owners still produce baskets of fresh vegetables and herbs to share in season.





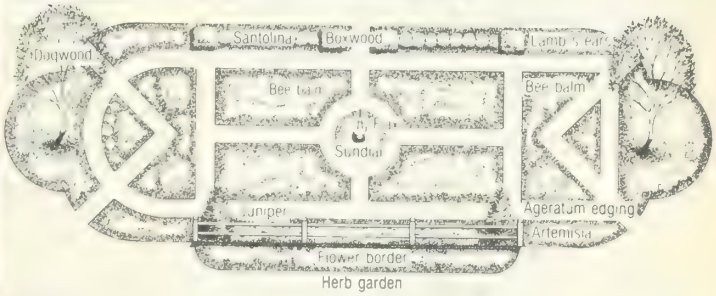
BROTMAN





Food, fragrance, flowers





Give some time to the herb garden, and it will give you soft-spoken color that looks beautiful all year

With an herb garden you don't despair in spring. Most herbs are perennials, so the garden looks good even when you're just planting the vegetables and other annuals," says Dick Holiman. Herb foliage not only looks nice from mud-time to midwinter, it provides fragrance, flavor for food, even wreaths for Christmas. Herbal flowers are a joy in themselves: soft-spoken pastel pinks, lavenders, blues, yellows. Because most hardy herbs can be easily divided and moved about to fill out a garden, an herb garden need not be expensive. Mr. Holiman started with a row of santolinas, a few boxwoods, and about two dozen prolific lamb's-ears—the backbone of many a beginner's herb garden. "Santolina may the biggest expense," he says, "because you can't divide it. But that silver color and crisp texture are worth it." To start their garden, Mr. Holiman and Mr. Alschech cut a rectangle in the weedy grass, outlined it with gray stones that surfaced in the digging, laid out brick-edged beds and pebble paths, and planted herbs they hoped would multiply. That year they learned three principles of garden-making. "If you're gardening in a grassy area, till three times, rake three times, then wait three weeks—and maybe the weeds and rocks will come up *before* you plant." Then, "If you're going to have a garden in a field, you'll need some sort of backdrop—that's the reason for the back fence and tall cutting border." And last, "Symmetry is not essential. Visual balance is more important than measurements." Many herbs came from author/herbalist Adelma Simmons's Caprilands Herb Farm. More about it, page 178.

Left: Misty gray and green herb garden. Sundial is ringed by flax, alyssum, lamb's-ears, green southernwood, pink bee-balm and coneflower, blue salvia, silvery santolina, artemisias. Junipers are blue Haven. **Opposite page left:** Spiky lavender, velvety lamb's-ears, lacy pink alchillea, a sampling of herbal textures. **Near left:** A scalloped extension of garden with young dogwood tree and islands of herbs. **Top:** Garden in its first summer, trimmed with rocks from original digging. **Above:** Plan of herb garden.

The nesting

How creating a room of your own can help you discover yourself

By Colette Dowling

Editor's note: *Colette Dowling is a freelance writer and author of two books: The Skin Game (Lippincott, 1971) and a memoir called How to Love a Member of the Opposite Sex (Coward, McCann & Geoghegan, 1976). At present she is writing a book on neurotic conflicts in women. Born in Washington, D.C., she majored in English at Trinity College. She came to New York City as a Mademoiselle Guest Editor and later joined the staff. She did not start to write until after her second child was born. Together with her three children and Lowell Miller, also a writer, she lives in an old farmhouse in Rhinebeck, N.Y.*



ELLIOTT ERWITT

Lately I've been thinking a lot about space. I have more of it—both on the outside and on the inside—than ever before, which may be the reason it's suddenly become a problem. I look out my window at vast, rolling hills and, in the distance, a line of trees planted by the farmer in the early part of the century to keep this house safe from north winds, and I think how fortunate we are. The breeze from the river is soft as spring, the geraniums bloom, and all is apparently well. But I'm disturbed. In this snug, three-story farmhouse, I feel there's no place where I can be totally alone—alone in the morning, alone at night, alone whenever I want to be alone. The very fact that I want the option of solitude is what disturbs. It goes against the grain of what I've been taught a woman is *supposed* to need. (The farmer's wife, she didn't want this, did she? Wasn't she content, summers, to put by her Mason jars on the canning shelves in the basement, and later, in winter, to haul the pickles and preserves up to the kitchen on the dumbwaiter? With all this land, three barns, and a stable, her husband must have been prosperous. In the midst of it all, did she yearn for a place of her own?)

The problem is this: I want something I feel I don't have the right to, and so I have allowed all the spaces in our new home to be filled up by the others—Lowell, the children. Now, with the melancholy fragrance of lilac filling the house, I feel not that something has been taken from me, but worse: I have not taken myself seriously enough to see to it that my needs got met. Wondering why this is, I think back to places where I lived earlier, and it occurs to me that my attitudes toward my environment, and toward myself, have changed.

For years I lived in New York and made my spaces the way urban dwellers do, pressing back the walls only with the strength of my inner dreams. We lived on top of one another, five of us crowded into five small rooms, a condition that, in retrospect, would seem impossible for anyone who wanted to write. Maybe I needed that start, those tight, narrow halls and closed-in rooms, to make my inner self bloom.

I wrote, first, in a tiny, sunlit dining room while the babies slept in the early afternoon. That space was changed by the addition of some glass shelves and small plants in the south window. The plants softened the hard edges of the tar-covered roofs outside. The plants both brought the world in closer and kept it out.

We moved to the Upper West Side to a larger apartment with a study. We fit the room out with two big desks, two lamps, two typewriters, and occasionally my husband and I worked in there at the same time. Still, when both of us needed isolation for our work, he was the one who got it. In those days, the arrangement struck me as little other than inconvenient, even fitting, somehow, for didn't I have another space in the apartment to call my own? It was the kitchen. There the arrangement of things was left entirely to me. Plates, saucers, wire whisks . . . all mine. In exchange for being the first to enter the kitchen in the morning and the last to leave it at night, I reigned supreme.

The children were older by then. The girls had carpeting in their bedroom which helped to absorb the noise. Often I wrote at 2 o'clock in the morning while the apartment buildings on West End Avenue fitfully slept.

Now, some years later, I am in a more egalitarian relationship, and with the greater equality I find I want more. Not just a room of my own (I have that), but a special, remote place, a place located somewhere between the hubbub of the family and the farthest distant star. It's a strange fix to be a woman, to be a mother and a writer all at once. I need my connection with my family just as urgently as I need my inner freedom. The way I arrange the space about me reflects this double need.

Continued on page 142

instinct

Finding out that owning a house means owning everything—including the dirt

By Diana Loercher



Editor's Note: *Diana Loercher is feature writer and art critic in the Eastern News Bureau of The Christian Science Monitor. Born in Rhode Island, she received her B.A. from Wellesley College and her M.A. from the University of Chicago, and subsequently studied at the University of Frankfort on an exchange fellowship. In 1973, she won the New York State Bar Association Award for the best legal story in a national publication (on trial by jury). She is married to Edward Pazicky, an executive of Conrail.*

When my husband and I left our New York apartment and moved to our first house in the suburbs, we left many things behind, one of the most precious I was soon to discover—our cleaning woman. I had always had a cleaning woman in New York even when single and living in a studio apartment because I considered myself "too busy" with my job and my social life to take care of it myself.

Given my lack of domestic proclivities, the prospect of moving into an eight-room house without a cleaning woman filled me with profound anxiety. Not only did I have the same demanding job but a lengthy commute to New York, as did my husband to Philadelphia. We realized that life would in some ways be more difficult and tacitly agreed that we would have to "find someone" in the suburbs.

Since most people move to the suburbs "for the sake of the kids" and we have no children, you might well wonder why we chose to move there in the first place. This is a question we, too, have asked ourselves many times. The superficial reason is that my husband received last year "an offer he couldn't refuse," in the corporate rather than the criminal sense. The problem was that the offer came from Philadelphia. My husband prefers to think of himself as a mule rather than a donkey and was not so hungry that he immediately bit. Instead, we carefully considered the impact such a move would have on other aspects of our lives.

The biggest change, of course, was that we would have to leave New York. A commute of an hour and 45 minutes each way every day for my husband was out of the question, so we would either have to live in Philadelphia or somewhere in between. Philadelphia was a viable possibility for me, because I am a writer and even though I have a full-time job, I do the actual writing at home. I could adjust my schedule to going into New York two or three days a week.

Since my job was not an issue, the decision to relocate was far less complicated. Moreover, we were seriously considering moving out of the city anyway within a year or two for the usual reasons one wants to move out of the city—to get away from the dirt, the pollution, the noise, the crime, etc., and enjoy the peace and quiet of a bucolic, even a bovine existence. We had even spent some weekends in the preceding months whimsically looking at houses and areas in New Jersey, Connecticut, upstate New York, and Long Island. It had become a kind of recreation—house-exploring rather than house-hunting.

In short, we were not inveterate New Yorkers. The only problem was that we hadn't wanted to make this hypothetical move for at least another year. We had been married less than a year and had barely gotten settled in our apartment, a floor-through in a town house with brick walls and a fireplace, which I lovingly and uncharacteristically referred to as "our little nest." We also used to congratulate ourselves with, "It's just like living in the country!" and I secretly wondered if perhaps we didn't prefer the illusion to the reality.

It quickly became apparent that there was no "good" reason not to go, other than that we didn't feel like it at the time. But having both been raised in the *carpe-diem*, opportunity-only-knocks-once, nothing-ventured-nothing-gained tradition, we concluded that maybe we wouldn't rather be dead than be in Philadelphia after all.

At that time we hadn't decided whether to buy a town house in Philadelphia or a house in the suburbs. (It was definitely to be a house for investment purposes.) Although I was the instigator of urban flight in the first place, I was beginning to feel apprehensive about leaving New York, the city, with its culture and endless if exhausting stimulation. Then, too, there were my friends. I had visions of turning into a vegetable, visions of bridge, supermarkets, shopping malls, television, hair curlers, etc.

To give ourselves time to decide, we temporarily rented a furnished apartment in Philadelphia's "Center City," in a high-rise on a heavily trafficked street next to a fire station and one block from the "porno" district. Outside it was like a war zone, inside it was like the Holiday Inn in atmosphere and decor. In short, we needed a home fast.

After about two months of searching our souls and the surrounding areas, we decided to buy a house near Trenton close to the railroad station, which would mean a 45-minute commute for my husband and an hour for me. What tipped the balance finally was that I was finding the Philadelphia commute more arduous than I anticipated and my husband really didn't want to live in a city any more. So we bought a house just over the border from Trenton in Pennsylvania, the one state we never thought to look in before—another lesson in the futility of long-range planning.

My husband and I are very fussy people. We have very definite tastes, which fortunately tend to coincide and are the type that could and would spend months looking for "our dream house." We had no such luxury under these circumstances and after falling in love with a 1715 farmhouse that was as impractical as it was enchanting, we decided to be "sensible" and buy a house that suited our needs if not our fancy. My one stipulation was that I would not buy a house in a development. I wanted an older house in a neighborhood with "character." My husband agreed to forgo the advantages of a new house with low maintenance.

We finally found a house in a cozy Colonial suburb, wooded but not rural. The house was the right price and right size with three bedrooms, one which I could use as a "room of my own" for

Continued on page 146



A new

An ingenious remodeling where space opens out and nature pours in

Top: From the front, a traditional Colonial house. **Above and opposite page inset:** Inside, a remodeled living room, which its designer, John Saladino, calls "a modern envelope of serenity."

way of light

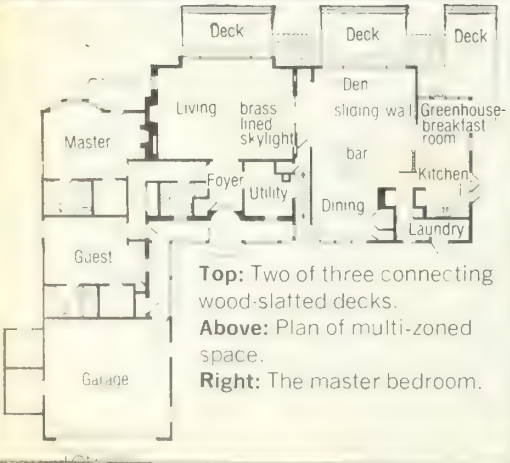


A new way of light

While serenity is the living room's great appeal, down-to-earth practicality makes the rest of the house inviting. "The owners wanted a second entertaining area where they could have very informal get-togethers," says designer John Saladino, who, with project designer Ramon Sanchez, came up with a unique plan that turned the original den, dining room, and kitchen into one large room for everything—a sweep of space he calls "multi-zoned." Conversation, bar, and dining zones fill the house from front to back; along one side and serving all three areas is the cooking zone with a breakfast nook and a 5-foot Thermopaned greenhouse. A 15-foot-long wall of tongue-in-groove pine siding that stretches all the way from the refrigerator, past the ovens, to the greenhouse on the other end slides open to make the cooking zone part of the one-room living. The red chopping-block-topped ovens are back-to-back against the same size and color storage cabinet in the adjoining dining zone "so the whole thing looks like a big red cube." Closed, the wall becomes part of the overall design: The same porch siding was used for other walls and as a ceiling in the kitchen and over the bar.







Top: Two of three connecting wood-slatted decks.
Above: Plan of multi-zoned space.
Right: The master bedroom.











Above left: The brick-paved conversation zone with linen-covered Recamier.
Left: The bar, backed up against the conversation zone. Dropped ceiling with lighting troughs lined in red.
Above right: Beyond the bar, the dining zone with antique drop-leaf table, leather-seated chairs.
Above: The kitchen with its sliding wall closed behind the ovens. It opens onto the conversation-bar-dining zones. Beige Bailey/Huebner crock.
Opposite page top: At the back of the kitchen, the greenhouse-breakfast area with deck beyond.
Shopping information, page 148.



THE SKY LIFE

In a house that's a tower, a big glass living-dining room with a lofty point of view



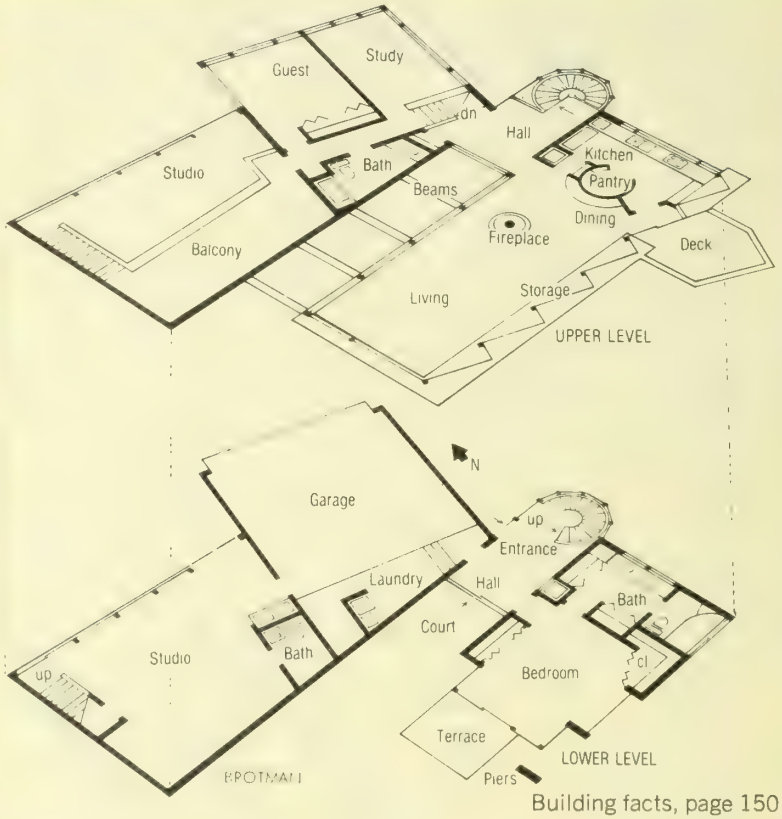
Virtually airborne, with three glass walls at treetop level, the light-filled living-dining room, *above,* commands glorious views of the Pacific seacoast below, and is sheltered by a soaring canopy of a roof. Architect John Lautner, who designed the hillside house for William and Johanna Jordan, calls the room "an island in the sky." Stairs in the glass entrance tower, *left, top,* spiral up to the terrazzo-paved room. Center stage, a circular, brass-hooded fireplace is a focal point at night. Banquettes line two walls; twin tables at the dining end, *right,* may be arranged for meals or desk work.

RUSSELL MACMASTERS

THE SKY LIFE



Sculptor Johanna Jordan in her two-story studio.



Building facts, page 150

Plan: main house and studio wing bridged by mid-level study and guest room

The William Jordans' house is really two houses in one. Living-dining room and kitchen form the glass-sheathed half that seems to float airily in the sky. The other is the solidly enclosed wing that houses sculptor Johanna Jordan's two-story studio, a garage, study, and guest room. The two parts are linked structurally by concrete beams, and the circular stair tower serves both as the house entrance. To fit the house on the small, steep site, architect Lautner placed the 33-foot-long, 12-foot-high main room on massive concrete piers. This not only made it possible to gain the view, but left ground below for a courtyard garden for Mrs. Jordan and a large master bedroom and bath. "The house is a joy—like living in sculpture," Mrs. Jordan says, appreciating the beauty of the structure, the finesse of details. Glare from the ocean is no problem: Glass walls on three sides of the big room balance the light and roof overhangs shade it. Late afternoon west sun is blocked by sail-like shades raised or lowered by a magnetized pole. For storage, there are pull-out cabinets for records, turntable, tuner, and two speakers under the glass wall. Wall cabinets for china and glass are backed by a ceiling-high circular kitchen pantry. Interior walls and ceilings of matched Philippine mahogany glow, rubbed with oil in a marine finish.



Secluded and snug, the master bedroom is at ground level beneath living-dining room. Concrete beams are exposed, floor carpeted, wood lines wall, ceiling. Glass sliding doors open to terrace, partly



Upper story with zigzag glass panels along long wall as windbreak and for ventilation. Roof overhang shades room. Other half of house, at left, is studio wing; windowless wall encloses it on south.



Entrance hall with spiral stair in glass tower leads to living room



sic storage under sill



Glass north wall, above, of two-story studio

RUSSELL MACMASTERS







Glass breakfast counter in kitchen, overlooks Pacific coast

nature and art

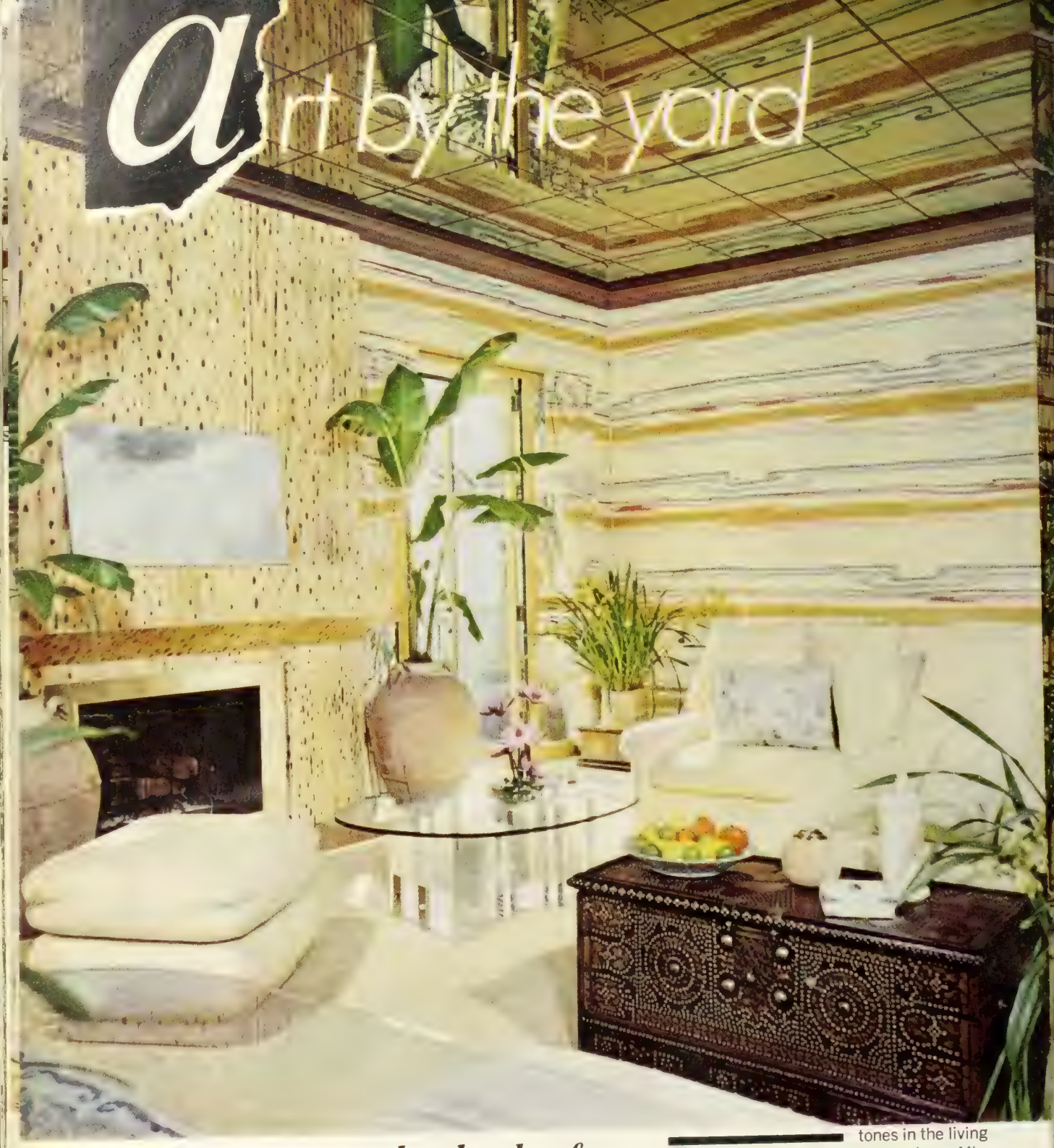




Texture on texture, natural and pale, in a room where color is alive and growing

The strong rhythms in this living room come from the colors and textures of trees and natural fibers—the contrast of nubby wicker against smooth leather, coarse cotton against shiny ceramic tile. "We created a simple environment as a foil for the owner's art collection," explains decorator Michael Taylor. Except for the yucca trees, *left*, everything—walls, ceiling, fabric—pares down to a soft white so the eye focuses naturally on paintings. Special lighting designed by Michael Taylor and Russell MacMasters to spotlight art and a fossilized stone coffee table. Painting above fireplace by Morris Louis; above banquette, paintings by Darby Bannard, and, to the right, by Richard Diebenkorn.

art by the yard



The watercolor look of hand-painted fabrics brings the sky and sea indoors

Hand-painted raw silk sweeps desert sunset all through this city apartment. "The fabric floats into the mirrors," says designer Whitney Chase, "and gives the impression of infinity in a small space." In the bedroom, *right*, sky and city are reflected on walls and ceiling, and the platform bed helps to double the room size. The soft rainbow colors of the bedroom shift to sand tones in the living room, *above*. Miss Chase brought the outdoors in with natural fibers—the cactus wood mantel, wool carpets, raw silk, and desert plants. The "boomerang"-topped coffee table stands on interchangeable chunks of Lucite; the dining table has fluorescent lights concealed in its base. Hand-painted silks by Roese Studios. Shopping information, page 148.



Rugs from ribbons





An easy new needlecraft that lets you quick-stitch rugs and pillows with a satiny finish

It's called "Ribbonpoint," and with this inventive new craft you can make fabric mosaic pillows, rugs, evening bags, and belts with the sheen of silk. Patricia Mabry created the technique "to bring out the artist in everyone." A needlepoint-lover herself, she wanted to give the craft a patina that mixes well with the antique ribbon-and-lace look of some of today's fabrics. In the rose rug here, two simple stitches give the effect of silk, but "because the ribbon is nylon," Mrs. Mabry says, "the rug won't fuzz and wears as well as wool." Ribbon covers spaces rather than filling holes, so the stitches—slightly different from those of needlepoint—run in diagonals and cover a canvas quickly. Kits include designed canvas, needles, ribbons, and complete instructions (a rug costs about $350; pillows start at $20). You may order a canvas with your own design by sending a drawing. To see a catalogue of other designs, write to: Patricia Mabry Enterprises, Inc., P.O. Box 523, Fairfield, Ala. 35064. To learn how to do the stitches used in this rug, see page 40.

Left and right: Mrs. Mabry fills petal.
Inset left: Complete ribbon rug.
Inset above: Spools of ribbon in Mrs. Mabry's Fairfield office.



Foot news

Down-to-earth advice from doctors, for walkers, runners, joggers, or anyone interested in foot comfort

By Catherine Ettlinger

Consider your feet. You stand on them, walk on them —up to 70,000 miles in an average 70-year lifetime at the rate of 18,000 steps a day— you jog on them, run on them, even ski, ice skate, and dance on them. Yet, how much do you really know about your feet? Do you care for them as well as you care for the rest of your body? If not, here are some facts to help you get started, from the sole up!

Each foot is a precision-built network of 28 bones held together by 120 ligaments and activated by at least 20 muscles. Feet usually start life trouble-free, but an estimated 90 percent of all American feet develop minor foot problems by the time they reach adulthood. "The only real hope of eliminating foot problems is to spend your whole life walking barefoot on grass," says Dr. John Waller, consultant to the Institute of Sports Medicine and Athletic Trauma at Lenox Hill Hospital in New York. He is an orthopedic surgeon specializing in foot and ankle problems. "Since that solution is out of the question, the best thing is for everyone to find a pair of shoes that fit." (See opposite page for what to look for when buying street shoes and ones for running.)

The most common foot problems are caused by wearing improperly fitting shoes and walking in them day after day. "What happens is that layers of hard skin—known as corns and calluses—form to protect the foot from abnormal pressure," says Dr. Waller. Calluses are caused by diffuse pressure; corns from a focal point of pressure. Dr. Waller says that by massaging a pumice stone on either a corn or a callus after a bath or shower when the skin has been softened, you can help relieve much of your discomfort. "Pain is caused when the soft tissue around the corn or callus is squeezed against the hardened skin," explains Dr. Waller. You can help relieve pain with precut moleskin pads (available in drugstores) to fit around corns—or small sheets of moleskin that you can cut yourself to fit around calluses. "These help to distribute the pressure," says Dr. Waller. Or....he suggests that you try a change of shoes. Find a pair that doesn't aggravate the sensitive areas. As long as the cause of the pressure remains, the corn or callus will return. If, however, x-rays show that the pressure is caused internally by a bone, surgical steps may be necessary, though these instances are rare.

An abnormality in the foot may show up in discomfort you feel in the knees or back. Feet with fallen arches or feet that arch too much are examples. The best way to deal with flat or highly arched feet is to make them as comfortable as possible, according to Dr. Waller. "A healthy foot is essentially a comfortable foot," he says. For flat feet, he recommends firm leather shoes or clogs that will provide support to hold the feet firmly in place. Overly arched feet benefit from a very flexible shoe, like the popular Wallabys.

You may even want to consider a specially molded shoe —commonly known as an orthopedic shoe—if you have bunions (which are now thought to be hereditary), hammer toes, or overlapping toes. Shoes do not cause these conditions but they certainly can aggravate them. Dr. Waller sends many of his patients to buy orthopedic shoes at Eneslow-Apex in New York

ELLIOTT ERWITT

)6 Avenue of the Americas, :w York, N.Y. 10010).

Dr. Bernard Rosenstein,)ctor of Podiatric Medicine Columbia-Presbyterian)spital in New York and)t specialist for the hospi- 's arthritis clinic, discusses me of his work on toes: "I aighten toes as an or-)donist straightens teeth," says. A small workroom in office is filled with leather ces, molds and fine cutting ols. He makes special xercise" devices here that lp the toes hold a normal gnment. "These aids work e an orthodontist's retainer gradually bringing the toes o their proper position. It ay take six months to a year any appreciable improve- nt, but the patient's dis- mfort is usually relieved im- diately." By using these vices, Dr. Rosenstein has en able to avoid surgery in)re than 90 percent of his ses.

You can also insure your mfort by walking correctly. . Rosenstein says a good tural walk has two phases. st, from heel-down to mid- ance, the foot acts like a ock absorber. During the cond, from mid-stance to ll-off from the big toe, the ot becomes a rigid structure at gives support to the ole body. Check your own ide to make sure you are ing equal pressure in each these phases.

XERCISES FOR OOT FITNESS

fit foot is indispensible to a body. It can help you move)re efficiently, endure all nds of walking and running rfaces, and withstand many fferent shoe styles. Maurita)barge, exercise and fitness nsultant to Scholl and Pro- ssor of Kinesiology at the niversity of Wisconsin- Crosse, has developed her vn foot exercises.

)R THE ARCH:

)hake your whole foot as ird as you can for one nute. Relax, then flex just ur toes.

Wear an exercise sandal.)es grip special crest on ulptured sole, encouraging tle-used muscles to "work it."

Put on exercise sandals and

)ntinued on page 140

How to choose a good street shoe



Top: Fitting foot to shoe. Above: Dr. Bernard Rosenstein D.P.M., custom makes special leather and rubber exercise devices that help straighten toes.

From Dr. Bernard Rosenstein:

- Measure the shoe to your foot: Fit your heel into the heel of the shoe, then put the ball of your foot on top of the front of the shoe. When flattened there should be a little bit of shoe showing around your forefoot. Most shoe stores will be happy to let you bring a pair of shoes to your foot doctor for approval, if you ask them in advance
- Women's shoes should have no more than a 1½-inch heel (the heel is measured on its breast side (or inside). Men's shoes should have no more than a ½-inch heel.
- Soles should be substantial and solid. Wedged soles are best.
- The shoe shanks should be solid (the shank or medial center is the area between the heel and the ball of the foot that helps support the arch). You can check for solidity by pressing with two fingers—a solid shank shouldn't collapse.
- Before you buy a pair of shoes, put **both** shoes on and walk to make sure they're comfortable.

ALAN LEWIS KLEINBERG



Above, left: Dr. John Waller, M.D. tells what to look for in a good running shoe, above, right.

How to choose a good running shoe

From Dr. John Waller:

- The heel should be about ¾ inch higher than the sole. When running you come down hard on the back of the heel and the lift compensates for the shortness of the calf muscles and also provides adequate shock absorption.
- The widest part of the heel should be 3 inches.
- Hold the heel with one hand, the toe with the other and bend the shoe. A good shock absorber will flex easily.
- Measure the width of the metatarsal area to make sure it's wide enough to accommodate your foot plus a pair of cotton socks.
- Put the shoes on a table with heels facing you. Make sure the heels are vertical and not tilted one way or the other.

WHEN YOUR FEET HURT, WHO CAN YOU RUN TO?

A **podiatrist**, formerly called a **chiropodist**, is a D.P.M., Doctor of Podiatric Medicine. He specializes in foot problems and is licensed to treat the foot with surgery and with drugs.

An **orthopedic surgeon** is an M.D., who has studied the interaction of muscles, bones, and joints in the whole body. There are orthopedists who concentrate on the foot and ankle.

Ask your family doctor to refer you to a podiatrist or an orthopedic surgeon. It's important that the doctor you choose be affiliated with a hospital you know, in case you have to have surgery.

Don't be surprised if your podiatrist or orthopedist refers you to another specialist for specific problems—like a **vascular surgeon** for conditions that involve circulation or a **dermatologist** for skin conditions like eczema or extreme dryness.

For good orthopedic shoes, look for a **pedorthist**. There are approximately 500 pedorthists in America who are licensed to prescribe footwear and related appliances.



To remove calluses, pumice regularly. For pedicure tips, see page 140.

Opposite page: Ann Slavit's 30-foot-long welded vinyl legs will dangle from the roof of New York's Museum of Contemporary Crafts to kick off its new show, "The Great American Foot." Through July 2.







Greenhouse living in a cliffside house where entertaining is an indoor–outdoor pleasure

Here's a house that's a real cliff-hanger—it juts straight out of a mountainside overlooking Angel's Island and San Francisco Bay from Sausalito. To get to it, you climb 100 or so steps from the road below—a delightful hike because the steps are gradual and are interspersed at several intervals with beautiful gardens put in by one of the owners, plantscape designer Bob Bell (his San Francisco shop is The Greenery, transplanted from New York City). You enter the house through a brand new greenhouse-dining room (see it, next page), forgetting for a moment that the outdoor gardens have become indoor ones. "It couldn't be more of an outdoor living space if it tried," says Mr. Bell. He and co-owner Lou Walker built the greenhouse themselves, sandwiching it between the hillside and the living room, which opens through sliding glass doors onto a private deck. "We think of the whole space as one," says Mr. Bell, who loves to have dinners in the greenhouse—they frequently cook for as many as 16 people—and afterwards move to the living area for a night of disco dancing. Good-looking white stereo speakers (*above*) become pedestals for a lamp on one side of the room and a silver rooster ice bucket on the other. The pull-down canvas awning has built-in electric heaters.

Left: The living room and hand-carved redwood furniture from The Greenery. **Opposite page, insert:** Bob Bell breakfasting on the sun-washed deck. **Above:** The living room with sofa and chairs covered in khaki cotton (they wear white canvas in summer), and a pillow Mr. Bell needlepointed.

Mountain greenery



PU SELL MACMASTERS

Left: The greenhouse-dining room with plants everywhere and a veritable garden for a table: tulips in a Mexican twig basket on a mirror base that multiplies their pleasure; a jungle-printed tablecloth; and, just for fun, carved-wood ducks for candleholders and a terra-cotta mouse cautiously surveying the scene. Through the back door, a potting shed that also has an entrance to the kitchen—a shortcut to make serving and clearing dinner easier. Windows to the right of the doorway open to a counter above the kitchen sink.
Above, left: The greenhouse, flush against the hillside.
Above: Co-owner and chef Lou Walker.
Above, right: What used to be the exterior chimney now serves as the interior wall of the greenhouse—a natural backdrop for the metal-skirted buffet and white terra-cotta plant pot lamp (both by John Dickinson). On the chimney breast, two big baskets, one shaped like a crab.
Right: In the kitchen, two kinds of Mexican tile, for the floor and back-splashes. Above the sink, a bay leaf wreath that's plucked often for cooking.

Mountain greenery



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MEAL IN MINUTES

MENU

Shrimp brochettes with lemon and dill sauce
Avocados with vinaigrette
French bread
Raspberry pâté

With the coming of summer, the appetite turns to lighter, crisper foods that luckily, often take less time to cook. This menu is from *Summer Food* (Atheneum) by Judith Olney, who runs a cooking school in Durham, North Carolina.

From start to finish, it should not take more than 30-45 minutes: Most of the work is assembly—stemming mushrooms, squeezing lemon juice, shelling and deveining shrimp (jumbo ones, so they take less time), about 20 minutes. The cooking of the brochettes and their sauce should take another 15 minutes total. The brochettes could also be assembled ahead of time and refrigerated, if you had 15 minutes earlier in the day.

Begin by making the vinaigrette and tossing it with sliced avocados. Once brochettes are assembled, reduce shallots and lemon juice for the sauce, then cook the shrimp. Continue with the sauce. While the raspberry pâté does have to be made a day ahead, it is simply too good to resist, as well as being easy to prepare (another 15-minute assembly job), and could be done while cooking dinner the day before.

Shrimp brochettes with lemon and dill sauce

INGREDIENTS FOR THE BROCHETTES

1 pound large, firm mushrooms, stemmed
1½ pounds jumbo shrimp, shelled
6 tablespoons unsalted butter
Juice of 1 lemon
½ cup fine dry bread crumbs
Salt, pepper

INGREDIENTS FOR SAUCE

¼ cup lemon juice, strained
2 tablespoons shallots, minced
Large pinch salt
1½ sticks unsalted butter, chilled, cut in chunks
½ cup cream, firmly whipped
1 tablespoon dill, finely chopped
Pepper
Watercress

(Continued on page 134)

Opposite page: Cake, dressed in traditional white, is all ready a day ahead, unlike the baker and bride, Penelope Linck, who relaxes a moment behind the cake. The ornament is the one used by her parents 41 years before. For more about the cake and wedding, please turn to page 124.

WINE & FOOD



THE BRIDE BAKES THE CAKE

Inventive party ideas with food you enjoy outdoors

EMERICK BRONSON

18 little-known things you can do with your microwave. And one well-known friend to help you.

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And in your freezer.

At your table.

And in your dishwasher.

Microwave may help you make the most of your time.

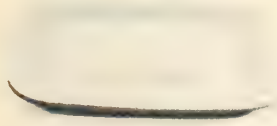
But Corning can help you make the most of microwave.



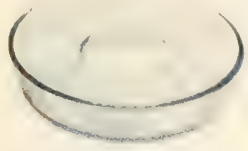
Corning Ware 5-Piece Microwave Set



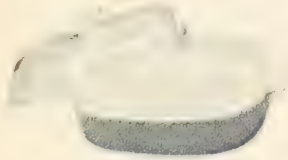
Pyrex ware Microwave Starter Set



Corning Ware Microwave Browning Grill

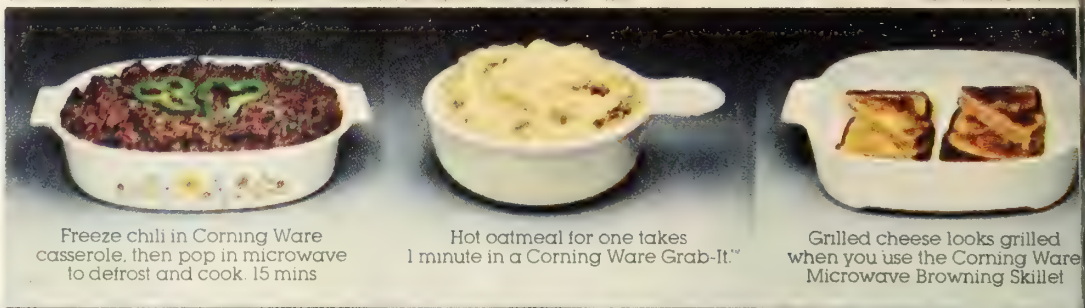


Pyrex ware Ring Mold



Corning Ware 10" Covered Cooker with Built-in Rack

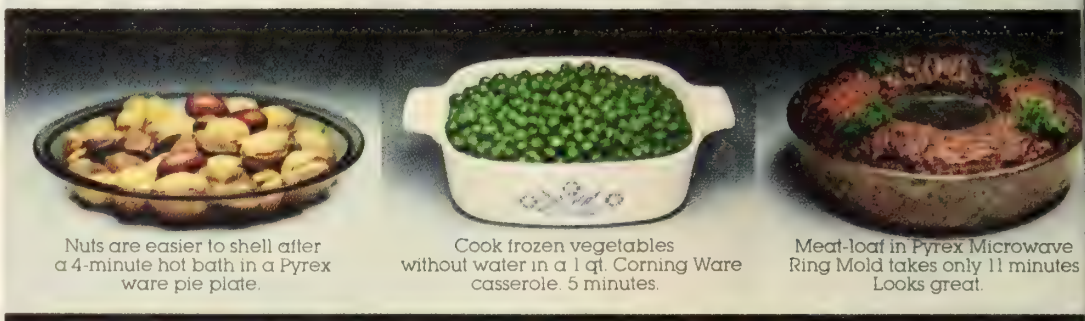
CORNING



Freeze chili in Corning Ware casserole, then pop in microwave to defrost and cook. 15 mins

Hot oatmeal for one takes 1 minute in a Corning Ware Grab-It.™

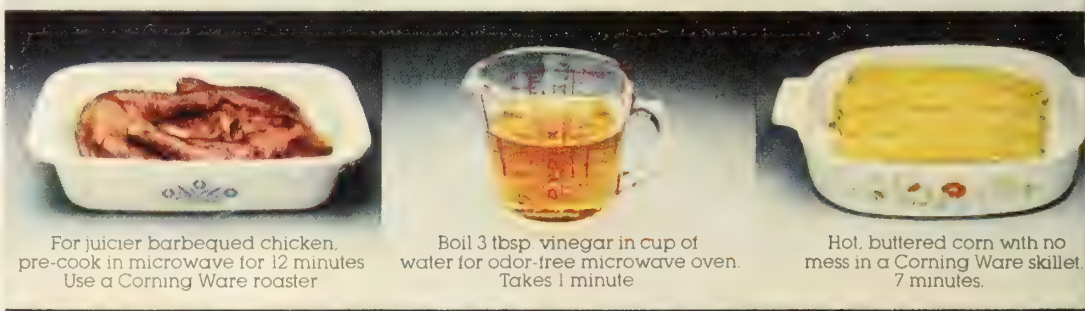
Grilled cheese looks grilled when you use the Corning Ware Microwave Browning Skillet



Nuts are easier to shell after a 4-minute hot bath in a Pyrex ware pie plate.

Cook frozen vegetables without water in a 1 qt. Corning Ware casserole. 5 minutes.

Meat-loaf in Pyrex Microwave Ring Mold takes only 11 minutes. Looks great.



For juicier barbequed chicken, pre-cook in microwave for 12 minutes. Use a Corning Ware roaster

Boil 3 tbsp. vinegar in cup of water for odor-free microwave oven. Takes 1 minute

Hot, buttered corn with no mess in a Corning Ware skillet. 7 minutes.



Shrimp come out crisp, tender and beautiful in Pyrex ware Fireside bowl

Reheat a latecomer's dinner right on a Corelle livingware dinner plate

Cook an egg in 30 seconds in a Pyrex ware custard cup.



Artichokes from raw to cooked in 14 minutes in a Corning Ware casserole.

Heat and serve soup in Pyrex ware Sculptured Ovenware.

Yours. Send 25¢ postage/handling to Microwave Cookware Guide, Box 1212, Corning, N.Y. 14830 *



Crisp up limp potato chips in a Pyrex ware bowl. 1 minute

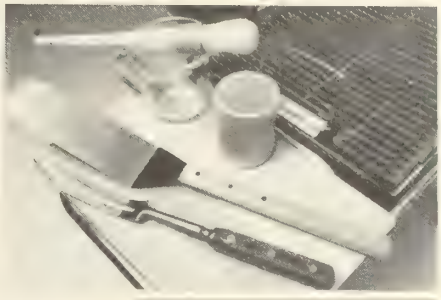
Melt cheese on taco chips for quick, hot hors d'oeuvres. Use Corelle livingware platter

This symbol on a Corning package means ideal for microwave

Cooking over coals

Great new ideas for cooking on barbecues and open grills: marinades and sauces, recipes and tips for setting and keeping a good fire

By Jane Ellis



1

BEEF MARINADE

From Doris Tobias, food and wine writer

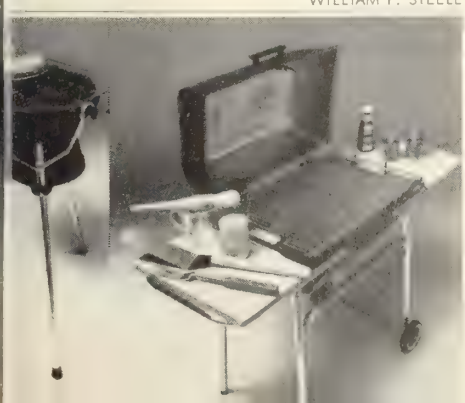
"To me a proper barbecue requires a tangy marinade. I like to steep about 6 pounds of top sirloin steak for at least 4 hours in the following mixture: 1 bottle of good, dry red wine, 1 cup peach brandy, juice of 1 lemon, 8-9 shallots lightly bruised with the back of a knife, 2 teaspoons fresh, chopped ginger (or ½ teaspoon powdered ginger), 6 sprigs each Italian parsley and fresh coriander, and plenty of freshly ground black pepper. Drain, and grill until desired doneness. Serve the meat in ¼-inch-thick slices on crusty French bread. The marinade makes a delectable sauce: Strain and cook over a brisk heat until reduced to half, pour into a heated sauceboat and pass with the open steak sandwiches.

SAUCE FOR CHICKEN

From Edna Lewis, cookbook author

Mix ¼ cup cider vinegar, 2 tablespoons honey, 2 tablespoons soy sauce, 1 clove garlic, minced, pinch cayenne to taste, and ¼ cup butter in a small saucepan and heat just a touch. Spoon over a chicken, cut in serving pieces and grilled over gray coals, during the last few minutes of cooking. Pass remaining sauce seasoned with salt and pepper. You can use the same sauce with steak, if you leave out the honey and add an equal amount of whiskey.

WILLIAM P. STEELE



3

CHINESE BARBECUES

From May Wong Trent, New Jersey cooking-school teacher and cookbook author

Combine to taste, hoisin sauce, grated fresh ginger, dry sherry, dark soy sauce, and honey. Marinate chicken, ribs, or chops in the mixture for 2-6 hours. Broil or grill over low heat since the high sugar content of the hoisin sauce and honey might cause meat to burn. Brush with the remaining marinade just during the last few minutes of cooking. Gives a delicious flavor and deep, rich color.

For a clearer color and lighter taste, mix lime juice, grated ginger, finely chopped scallions, and vegetable oil. Marinate shrimp, chicken, or Cornish game hens in the mixture for a few hours then grill, brushing with more marinade during the last few minutes.

Or roast Szechuan peppercorns until they become aromatic, blend in food processor to a powder. Rub on duck, steak, chops, or chicken with salt and grill.

YOGURT SAUCE FOR CHICKEN

From John Sanders, production manager

Mix together ¼ cup plain yogurt, 2 tablespoons safflower oil, ¼ cup water, and 2 tablespoons Tandoori spice (available at Indian import or specialty food stores). Marinate a quartered chicken in the mixture for at least ½ hour, then grill.

MADEIRA LAMB KEBABS

From Malvina Kinard of Cook's Corners, Westport, Conn.

Cut a small leg of spring lamb into 1½-inch cubes. Cut away all fat. Combine 1 cup Madeira, ½ cup olive oil, ½ cup soy sauce, and the grated zest of 2 lemons, and pour over lamb, turning to coat all sides well. Allow to stand 2-3 hours. String cubes on long skewers. Cook over very hot coals to sear meat quickly, turning often. Do not overcook. Serve with an assortment of raw vegetables, such as tomatoes, sliced mushrooms, and green pepper rings.

SHISH KEBAB

From Bernice Yazbek, New York cooking-school teacher

Toss 2 pounds lean lamb from the leg, cut into 1-inch cubes, with as many quartered, medium onions and chunked green peppers as you like. Mix in 1½ tablespoons Mixed Alleppian Spices (available in Middle Eastern food shops and at Sahadi at 187 Atlantic Avenue, Brooklyn, N.Y. 11201), or substitute 2 teaspoons allspice, 2 teaspoons coriander, ½ teaspoon cloves and ½ teaspoon nutmeg. Let stand a few hours and toss again. Thread on skewers and grill until meat is done but still pink on the inside. Be sure to oil the rack so meat won't stick to it. Serve with fresh pita bread and a salad of lettuce and tomatoes, both cut in small pieces, and dressed with the juice of 1 lemon, 2 mashed cloves of garlic, salt, and 2 tablespoons salad oil, or to taste. Eat, not with a fork and knife, but by breaking off pieces of bread and scooping up the salad and meat together so all the juices intermingle.

1. *Tools for grilling: basting brush, duster-shaker, hamburger turner, carving fork at The Professional Kitchen.* **2.** *Waist-high hibachi at Hammacher Schlemmer. Potato grills at Williams-Sonoma.* **3.** *Aluminum grill by Char-Broil.* **4.** *Gas barbecue by Charmglow. Shopping, page 148.*



4

TO LIGHT A CONVENTIONAL CHARCOAL-FIRED BARBECUE

From Beatrice Ojakangas, food writer and cooking-school teacher

"I like to use two things—marinated charcoal and a chimney." To marinate charcoal, fill wide-mouthed jar with briquettes, squirt lighter fluid on until they will absorb no more. If jar holds a dozen briquettes, use 1-1½ cups fluid. Put cover on to store; briquettes are instant fire lighters. Place a couple in bottom of a pile of briquettes to light.

Make a chimney from a 2-pound coffee can, top and bottom removed, punch continuous row of holes around with a punch can opener. Put chimney on firebed, place a couple marinated coals in bottom, or 2 crumpled newspaper sheets, fill with charcoal; ignite from bottom. Coals will be ready in about 20 minutes.

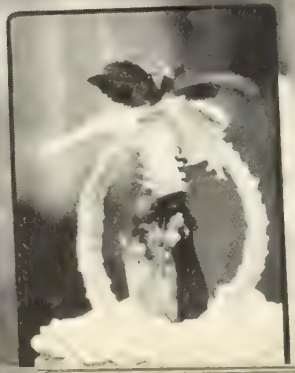
Continued on page 132

The bride bakes the cake









Use a large pastry bag and a star tip. Choose which side will be the front and start piping the back, building confidence and rhythm toward the front. Stick the ornament on with dabs of icing. Pipe shells to hide seams of layers. Push down hard and the icing fans out, then quickly release pressure on the bag and draw it down and away to form the shells.

ICK BRONSON

ow a garden wedding was planned with y from start to finish by the bride and her friends. Here the bride tells the story.



Little Belinda roses, a bright salmon color, mixed with myrtle encircled the finished cake.

Once the marriage proposal was accepted, the parents told, the first euphoria over—George Linck, the all-important groom, and I discovered we wanted a traditional wedding that reflected our values in every detail.

The first thing I did was to listen to some advice from other new brides in the office: Plan well so you can remember and enjoy your own reception. Usually brides have worked themselves into such a state, the wedding and party slide by in an eclipse of nervous tension. Second, another piece of advice well taken, I bought Barbara Lee Follett's *Check List for a Perfect Wedding*, (Dolphin, $1.50). Chapters are organized by schedule —"Two Months Before," all the way to, "1 Week Ahead," and "1 Day Ahead." Each chapter consists of a list of things to do during that time period.

In the early stages of planning, everything must be done at once. After three weeks, you believe it impossible to live through it all. But suddenly, you know when and where you'll get married and by whom (in my parents' garden by the Reverend Doctor C. Michael Thornburg of the local Episcopal church at 6 P.M. so everyone could get in a full round of golf); you have a caterer (Bruce Bolton of New York), a menu; you've made a rough guess at the number of invitations needed and ordered them as well as the announcements (125 each, which left room to spare); *(Continued on page 134)*

Above: The buffet set against a backdrop of Heliopsis. From left: vegetable salad, finger rolls, assorted hors d'oeuvre (tiny cocktail sandwiches look like thumbprint cookies, plus cheese blimps, smoked trout, and seafood tartlets), ginger chicken in the basket with day lilies, phlox, and feverfew, and green rice on a bed of ferns.

Right, from top: Standing before the minister are the father of the bride, Charles Wisner; the bride, soon-to-be Mrs. Linck; and close friend, Jeannie Kisker. The groom, George Linck, a New York attorney. The table covered with Angelo Donghia's "China Garden" sheeting. Pink ribbon covers the ropes and rhododendron camouflages tent stakes. Sheet borders in bows hide more ropes on tent poles. Bouquet for the buffet table combines wild and domesticated flowers—day lilies and Queen Anne's lace, campanula, roses, and delphinium. Guests gathering for the ceremony. The sweetest tradition—cutting the cake ends with a kiss.

Food that refreshes



An expandable lunch party of vegetable surprises and fruit desserts. Photographer David Massey tells how to do it

"One day, a party for six grew like Topsy until there had to be enough food for twenty, and though we couldn't manage a miracle on the level of the loaves and fishes, loaves there were aplenty to soak up the good local wine of all colors." Parties have a habit of multiplying at David Massey's Tunisian house, but, as he explains, "no panic button need be pushed if you keep your vegetable baskets full. On the brightest hot day or after dark on a muggy evening, a profusion of salads is like eating your salad and having it, too. Each platter or bowl coolly shines, thanks to the contrast of ingredients—cucumber and potato, carrot and chick peas, tapenade-stuffed vegetables, some cooked, some raw—and the total spectrum of color and texture. This spread was put together so that we had a banquet with only a fork—in some cases, fingers. A really nice picnic, the same as a nice buffet, demands the prettiest plates and napkins. After all, they only need to be washed and put away. The variety of things which went into the salads was possible, because it was the end of spring and the beginning of summer. Some winter vegetables were still with us, while summer ones were abundantly on the way. Grains and olives are always on the shelf and fruit on the vine or in the tree. It is doubtful there will be any, but all these dishes make excellent leftovers. So much for what goes on in an antique country where the seasons still give the orders. This is Tunisia, but could be Anywhere in summertime. This menu has been repeated with variations many times. Back home, the greengrocer or supermarket, north, south, east, or west, will have almost no trouble filling the shopping list any time of year." For recipes, turn to page 138.

LUNCH FOR SIX OR TWENTY

Tapenade-stuffed lemons, tomatoes, peppers and squash with mint yogurt
Couscous salad
Cucumber and potato salad
Carrot and chick pea salad
Lemon tart Fresh fruit







Right, from top: A color palette of fruit for dessert set on soft green grape leaves—white and black grapes, melons and watermelon, pears and prickly pears. A tantalizing salad of cucumbers, potatoes, almonds, and mint. Lunch set under a thatch of dried bamboo; the banquette built against a cool, white wall with plenty of cushions for comfort.
Opposite page, top: The dessert table with tangy lemon tarts, fresh fruit, and finger bowls of water plus a flower.
Below: A variety of containers for tapenade—lemons, tomatoes, peppers, squash to serve with mint yogurt.

DAVID MASSEY





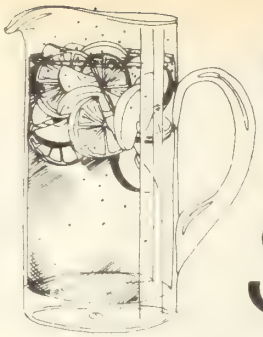

Touch control microwave oven
12-cup fluted pan
2-quart soufflé
2-vegetable ceramic dish
Glass pâté dish
6-ounce custard cup
4-piece cook and serve set
5-ounce plastic cup
Angled grill for bacon, chops
Ceramic browning grill

New on the microwaves

Good-looking cookware that goes in the microwave oven, some so versatile it goes in the freezer, on the table, in the dishwasher

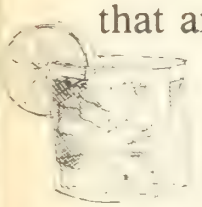


For complete information, see page 152



The light red wines of summer

Versatile red wines that are good to serve chilled and in tall mixed drinks. By Doris Tobias



Light red wines, often called the "little reds," have a pleasing, nonassertive character, are fresh-tasting and have a moderate fruitiness. They fit in well with casual and everyday dining and, in warmer weather, are especially agreeable when served chilled, or even on the rocks. They also lend themselves beautifully to the long mixed drinks so refreshing in summer.

These attractive wines are mostly meant to be drunk young. They are ready for drinking, without the prolonged aging that more weighty, eminent wines generally require. This readiness for on-the-spot drinking is a boon for the host without a cellar containing a roster of wines of various years from which those that are ready for uncorking can be plucked.

Delightful little reds are made in many countries, and usually come from vineyard areas which are not suitable for the noble grapes, such as cabernet sauvignon, pinot noir, and others that give us the more prestigious red wines.

Beaujolais, probably the most popular of France's fruity light reds, is a lovely summer wine and one that always benefits from chilling. For light summer drinking and mixing stay with a young Beaujolais, preferably of '77 vintage, and no older than '76. Beaujolais Superieur and Beaujolais-Villages, which have more strength and character than a simple Beaujolais, are deliciously refreshing served chilled, but should not be diluted with ice cubes. The best cru, or growth, from any of the nine areas of Beaujolais that give their names to the wines, have depth, complexity, and elegance that lift them from the light red designation. These include Brouilly, Côte de Brouilly, Morgon, Moulin-à-Vent, Fleurie, Juliénas, St.-Amour, and Chénas. They range from light and fruity to lusciously grapy, and they do take to bottle age and should be enjoyed lightly chilled—and poured from the bottle.

In California, the Gamay Beaujolais grape makes a charming wine in the style of the French Beaujolais, but with its own charm and youthful fruity qualities. California Gamay Beaujolais is produced by a number of major wineries there, and its attractive qualities are enhanced by a budget price. California Gamay Beaujolais is delightful served well chilled, or on the rocks, and mixes well to make summer drinks.

From New York State, Baco Noir, one of the French hybrid grapes that have been specially developed to suit the more rigorous climate there, makes a most satisfying light-bodied wine. It has a distinctive varietal character that makes it relatively easy to spot—even by nonexperts—in blind tastings. It's delightful when drunk young. And Baco Noir is often blended with other New York State wines. If so, the label will often specify the percentages. Benmarl Vineyards produces a fine Baco Noir as do Taylor and Great Western.

A California hybrid, Ruby Cabernet, is the result of crossing cabernet sauvignon, one of the noblest of red grapes, with carignane, one of the most prolific of California-grown grapes. The hybrid combines the good qualities of both these varietals. Ruby Cabernet is, as its name implies, ruby in color, and is light in body with a delicate fruitiness in the bouquet and to the palate. Some exemplary Ruby Cabernets are produced by Inglenook, Gallo, Bear Mountain Winery, and others.



Among the favorite light red wines of France are the so-called "country wines," such as Corbières, Minervois, and Fitou from the Languedoc in the Midi, west of the Rhône River, said to be France's most productive and least distinguished wine region. To the north, in the eastern sector of Bordeaux, Bourg and Blaye produce inexpensive, drinkable light reds under the appellation Côtes de Bourg and Premières Côtes de Blaye. These have a pleasing lightness of body, fruity taste, and a slightly crisp finish.

From Italy, an appealing red wine is Lambrusco, a grapy wine from the P Valley in the north, and probably th fastest-selling imported red wine i America. Its popularity is due—in ap proximately equal parts—to its sweet fin ish and its low price—about $2 a bottle It also has a slight petillance, or ligh bubbling, which is especially felicitous i warm weather. The tiny red beads o carbonation simultaneously quench th thirst and lift the spirits. Pour Lam brusco into a pretty stemmed wineglass add ice cubes if you like, and, for colo and zest, a curl of orange peel.

For those who find Lambrusco touch too sweet, try mixing it with clu soda or other sparkling waters, and a lit tle fresh lemon juice.

Other light and fruity Italian reds ar the Veronese Bardolino from the hill sides along Lake Garda, and the fra grantly fruity and velvety Valpolicella James Beard, the doyen of America food and drink, especially fancies Val policella, which he maintains "is the kin of red wine that comes into its own i the summer. Served cool, it is the idea accompaniment to hamburgers, lam chops, and steaks, as they come sizzlin off the grill. Its fruity, light, refreshing thirst-quenching qualities are ideal fo the warm weather repast."

Additional options are available fo all the little reds by "blending" then with sparkling water, fruit juices, an fruits to create innovative and satisfyin summer drinks. One perennial favorite i the red wine cooler. An easy versio mixes 4 ounces of light red wine wit club soda and plenty of ice cubes in a tal collins glass. Another formula heighten the flavors by adding a few ounces o fresh orange juice.

The ubiquitously popular Sangria i based on a light red wine, traditionally a young Spanish Rioja (although any ligh red can be used with good results) macerated for several hours with fres citrus and other summer fruits. A bit o brandy fortifies, and club soda and ic cubes temper and further blend the fla vors. The punch is generally poured fro a lovely large pitcher into chilled wine glasses or punch mugs. How delightfu to sip on a languid summer afternoon with its foil of coolness against the balmy air.

In Nice, people are fond of a red-win version of the famous Kir of Burgundy

Continued on page 132

What the tie you bought him does for his old blue suit,





Stouffer's Side Dishes do for dinner.

Stouffer's Potatoes au Gratin, Corn Souffle and Artichoke Hearts au Gratin are just three of the 13 side dishes Stouffer's makes. To liven up a simple meal. Or do justice to a special one.

Out-of-the-ordinary dishes. Made with uncommon care. To be uncommonly good. That's why they're the great mealtime accessories.



Stouffer's Side Dishes.
The great mealtime accessories.

Light red wines
continued from page 130

and natives there use Bellet, one of the most agreeable of the Niçoise red wines. It is made simply by pouring 4 ounces of Bellet (or any other light red wine) into a stemmed balloon wineglass and adding a tablespoon, more or less, of crème de cassis according to one's delight in the flavor and sweetness of that black currant liqueur, and topping off the drink with an ice cube or two. It makes a pretty and easy-to-fix summer drink.

LAKE GARDA COOLER: Chill double Old-fashioned glasses. Fill each with 4 ounces of a light Italian red wine, such as Bardolino, add 1 tablespoon of Punt e Mes or Campari, ice cubes, and fill the glass with Pellegrino or other lightly sparkling water. Stir well and garnish with a slice of fresh orange.

BITTERSWEET: Chill tall thin highball glasses. Add crushed ice to the halfway point, pour in 4-5 ounces of Lambrusco, fill the glass with tonic water. Stir well and garnish with a fresh lime wedge.

YIN AND YANG: Use a stem balloon glass for this one. Place 2-3 ice cubes at the bottom. Pour 2 tablespoons of Dubonnet rouge and fill the glass with a fruity light red wine, such as a California Gamay Beaujolais or Ruby Cabernet. Stir well and garnish with a pale circle of lichee nut.

PEACHES IN VINO: This is a luscious duo that doubles as dessert and midafternoon refresher. Skin and pit lush ripe peaches and slice them right into a balloon wineglass. Pour lightly chilled Valpolicella wine over the peaches and serve with a dessert spoon.

FRAMBOISE FROLIC: Rinse and very gently pat dry a pint of fresh raspberries. Place a cluster of raspberries in the bottom of a tulip wineglass. Pour well-chilled Beaujolais over the berries. If desired, add ½ teaspoon framboise to heighten the berry flavor.

THE AH-SO: Pour 1 ounce of sake into a collins glass. Add crushed ice or ice cubes and fill the glass with a fruity red such as Lambrusco and Gamay Beaujolais.

NORTH COUNTRY ZINGER: Fill a pretty mug half with cider and half with a mountain red wine. Crushed ice and a slice of unpeeled apple finish off the presentation.

CARMEN'S FANDANGO: Mix together in a large pitcher or punch bowl 2 bottles of light Rioja, 1 quart club soda, 1 quart ginger ale, and ½ cup peach brandy. Add 1½ cups of mixed, cubed summer fruit and stir with ice cubes. Serve in pretty mugs with a bit of fruit in each.

HAWAIIAN HUALALAI: Pour equal parts of pineapple juice and Gamay Beaujolais into Old-fashioned glasses. Add ice cubes and garnish with a finger of fresh pineapple.

A PERFECT PEAR: Place in the container of a food processor or blender the following: 3 ripe Anjou pears, peeled, cored, and cut into cubes; 3 tablespoons lemon juice; and 3 tablespoons pear brandy. Process until puréed. The mixture should not be any thicker than heavy cream. If it is, add ½ cup or so ice water and blend. Spoon the pear purée equally into 3 parfait glasses. Add a bit of crushed ice to each and fill each glass with a light red wine, such as Valpolicella or a New York State Baco Noir. Dust the tops with a little powdered ginger. ■

Cooking over coals
continued from page 123

CORNISH GAME HENS
Cut hens in half so they can lie flat on the grill and brush with olive oil. Press crushed garlic onto them and season with salt and Mixed Spices. Grill about 15 minutes on a side, or until done.

BARBECUED BRISKET
From Richard Nelson, Oregon cooking-school teacher
Coat a 3-4-pound brisket with 2 tablespoons liquid smoke, 1½ teaspoons garlic powder, 1½ teaspoons onion salt, 2½ teaspoons celery seed, 1½ tablespoons Worcestershire sauce. Leave to marinate overnight, refrigerated. Next morning, add 1-2 teaspoons salt, 2 teaspoons pepper, and 1 cup any good bottled barbecue sauce. Wrap in 2 layers of foil and place over gray coals. Cook 4-5 hours. Slice thin on a diagonal and serve with Beaver horseradish sauce or any white prepared horseradish sauce mixed with the juices that collect in the foil while the meat is cooking.

Serve with beets cooked in 2 layers of foil and placed on the grill to cook 1-1½ hours. You don't even need to scrub them first. Serve skinned, with salt and pepper. Also wrap unhusked corn in 2-3 layers of foil and put on grill to cook 45 minutes. "If I am going to cook outdoors on a barbecue, I am going to go the whole route."

FOUR MARINADES: FOR CHICKEN
From Colette Rossant, author of *A Mostly French Food Processor Cookbook* (New American Library)
Mix together ¼ cup lemon juice, ½ cup strong olive oil, ¼ teaspoon cumin, 2 crushed garlic cloves, salt and pepper to taste. Marinate chicken 2 hours or overnight. Grill without basting.

FOR LAMB
Mix ½ cup chopped parsley, ½ cup fresh mint leaves, 3 scallions, chopped (white and green parts), ½ cup lemon juice, ¼ cup olive oil, 2 crushed garlic cloves, 1 cup yogurt, salt and pepper to taste. Marinate 2 hours or overnight. Baste with marinade while meat is cooking.

FOR STRIPED BASS
Mix 2 tablespoons lemon juice, 4 tablespoons olive oil, ½ cup fresh basil leaves, chopped, 2 anchovy fillets, chopped (optional), and a pinch of salt. Rub fish inside and out and let stand ½ hour. Make up another batch to use for basting.

FOR BLUE FISH
4 tablespoons Dijon mustard, 1 tablespoon powdered mustard, 3 tablespoons sugar, 2 tablespoons white vinegar, ⅓ cup vegetable oil, 3 tablespoons fresh dill, chopped. Rub fish inside and out with mixture and grill. Garnish with more fresh dill and lemon wedges.

Sauce for lamb

From Maurice Moore-Betty, New York cooking-school teacher

INGREDIENTS
2 tablespoons prepared mustard
½ teaspoon salt
1 teaspoon Worcestershire sauce
¼ teaspoon freshly ground black pepper
4 tablespoons brown sugar
2 tablespoons apricot purée or apricot preserves
1 capful soy sauce
2 tablespoons olive oil
¼ clove garlic, crushed
⅓ cup lemon juice, strained

METHOD
☐ Mix all ingredients together well in an airtight container and store in the refrigerator 3 days before using. Brush mixture on lamb before grilling and frequently during cooking. ■

Summer pleasures
continued from page 87

Kiwi mousse

(from Michel Richard, Los Angeles)

INGREDIENTS
8 ounces kiwi fruit
1 cup heavy cream
4 egg whites
8 ounces sugar
½ ounce gelatin, melted in 5 tablespoons water
1 8-inch sponge cake
1 cup strong tea
Whole kiwi fruit for garnish

METHOD
☐ Briefly purée 8 ounces kiwi and pour into a bowl. Whip cream into soft peaks. Whisk egg whites until stiff; sprinkle with sugar toward end and beat to incorporate sugar.
☐ Stir melted gelatin into purée. Fold in whipped cream then egg whites. Pour half the mousse into a round 8-by-3-inch mold. Refrigerate 15 minutes.
☐ Pour tea over cake and let absorb. Put cake in mold in 1 piece. Add remaining mousse. Freeze 4 hours. Unmold, garnish with thinly sliced kiwi. Serves 4-6. ■



There may still be places where Grand Marnier isn't offered after dinner.

For free recipe booklet, write Carillon Importers, Ltd., 745 Fifth Avenue, New York, New York 10022. Product of France. Made with fine cognac brandy. 80 proof.

Meal in minutes
continued from page 120

METHOD FOR BROCHETTES

☐ Lightly oil 6 skewers, and thread alternately with mushrooms and shrimp. Melt butter and lemon juice together in a saucepan and brush over the brochettes. Sprinkle with bread crumbs and salt. Broil under a flame or over a grill until done, about 5 minutes, turning frequently and brushing on the remaining lemon butter ½ way through the grilling. Grind over some pepper.

METHOD FOR SAUCE

☐ Put lemon juice, shallots, and salt in a small, heavy saucepan. Reduce slowly until the shallots appear dry on the bottom of the pan. Remove from heat. Start whisking 2-3 lumps of butter at a time into the reduced shallots. Keep adding butter and whisking continuously. Put the pan back on a very low flame from time to time, but do not let the butter melt. Instead, it should mount into a thick, pale, creamy sauce, held in suspension by the acidity of the lemon. When all butter is incorporated, stir in the whipped cream. Add dill and pepper to taste.

☐ Place brochettes on watercressed plates. Sauce and serve immediately. Serves 6.

☐ For convenience: The brochettes may be made several hours in advance, wrapped in foil and refrigerated. The lemon juice and shallots can be reduced ahead of time, but the rest of the sauce is basically last minute. Warm shallots gently before adding butter.

Raspberry pâté

INGREDIENTS

1½ pounds good quality Scotch shortbread
About 3 tablespoons heavy cream
Sugar
3 cups raspberries
Pinch cinnamon
Whipped cream

METHOD

☐ Crush the shortbread to a fine crumb in a blender or food processor. Put aside 1 cup. Bind the rest of the crumbs lightly with cream until the mixture is just moist enough to pack.

☐ Sprinkle the bottom of a small terrine or loaf pan, about 4½ by 7 inches, with 2 tablespoons granulated sugar. Pat a thin layer of "dough" onto the bottom and up the sides to the height of 1½ inches.

☐ Mix raspberries with cinnamon, the reserved cup of crumbs, and enough sugar so they taste distinctly sweet. Spoon berries into the crust and cover with remaining moist crumbs. Put a layer of aluminum foil on top of the pâté and weight it with small cans or jars. Refrigerate at least overnight.

☐ To serve, run a knife around the edge and dip the mold bottom briefly into hot water. Reverse the mold sharply down onto a towel-covered counter. Slide the pâté onto a serving dish and slice off one crusted end.

☐ Cut pâté into ¾-inch slices, dipping knife in hot water between cuts. Garnish each slice with a small rosette of sweetened whipped cream. Serves 8-10. ■

From the forthcoming book, *Summer Food*, by Judith Olney to be published in July by Atheneum. Copyright © 1978 by Judith Olney and reprinted by permission.

Bride bakes the cake
continued from page 125

you've come away from the party rental place with a great, long list including ten 60-inch-round tables, 100 white wooden chairs, one 60-by-80-foot pink-and-white-striped tent, two galvanized washtubs, a giant coffee machine, plates, forks, tulip-shaped wineglasses for the champagne, short, fat bar glasses, and finally 100 pink napkins—none of the tablecloths were quite right.

There are endless details not mentioned here, all of which need you to make decisions. Keep a small notebook going and write *everything* down as it occurs to you. Lists will eventually threaten to drive you mad, but they will also save you. Check off things as you solve the problems, and have faith in your good judgment.

Making these big decisions gives an outline of the event—there will be much telephoning back and forth as details are worked out. Now you settle down to the fun part—filling in the blanks: What will you wear? (A handmade Mexican cotton dress.) What will the men wear? (Navy blue blazers, white shirts and pants, navy ties with tiny white polka dots.) Sisters and mothers refuse to be regimented and look like a beautiful rainbow when all assembled.

To receive or not to receive. (Not, but then there were people I missed seeing.) Formal photographs? Who to photograph the wedding? A band? Flowers—yours, families', the men's, the tent's, the tables'. (Apricot roses shading from the palest salmon to brilliant tangerine—for my hair the pale, for the bouquet all the colors; the women, none; the fathers', white rose boutonnieres, the groom, salmon; the tent sported a ring of geraniums around the dance floor and ropes of springeri 10 feet up the center tent poles dotted with snowdrift mums; the tables, none. Easy.) Tablecloths? Angelo Donghia's "China Garden" sheet pattern for J. P. Stevens coordinated with a solid pink sheet for an underskirt. What about the cake? Begin with James Beard's pound cake and add, and add! And what about wedding gifts? Buffet plates by Mottahedah, a certain wine rack, a KitchenAid mixer, which would play a starring role in making the cake. And through it all you plead for *complete* addresses including *zip codes!*

Everyone had an opinion as to whether the tablecloths should fall to the ground or not. They would, I decided. With a chalk and string I made a circle on the floor to measure the height of the tables plus half their diameter. Two double sheets for each round cloth—one cut in half and pieced on each side of the second, then the whole cut with pinking shears so the hem was left plainly pinked. The solid sheets came with a charming tucked border which we removed, saved for no apparent purpose until the tent went up. Then it all came clear—we tied big pink bows around the ropes on the tent poles. Cutting out the kerchief tops from "China Garden" made two visiting kittens deliriously happy as they chased scissors, measuring tape, and flying fabric.

The biggest surprise was the cake ornament; Mother brought it out one day—41 years old, slightly broken and yellowed. But the bride and groom still looked very dashing. A trip to a ribbon shop for white ribbon and two rolls of pink in case we might need them. The little bride got a new coat of white paint for her dress and a bouquet of forget-me-nots from the stream and the white ribbon wound around and around the bridge framing them with a bow on top.

Saving the best for last, the bride took off from the office two days before the wedding. Mrs. Frederick Pickering came to do the flowers for the buffet table in one of Mother's antique baskets. I watched her build it with flowers from a local gardener's personal garden. "At least one-and-a-half times as high as the container," she said as she worked tucking in snow-on-the-mountain, delphinium, yellow day lilies (an experiment), and so many more to make an English garden arrangement and the most beautiful thing any of us had ever seen. Without skipping a beat, she and another neighbor, Nancy Nicholson, sat under the tent and wove a garland of cuttings from our bushes to hang in swags over the dining room doors to the garden. The minister would stand under it. For all the arranging of food and flowers we used greens from the grounds—grape leaves, ferns, myrtle. The center of each table had a single candle protected by a hurricane lamp—a few sprigs of evergreen went in each of these. Myrtle garnished the bottom of the cake, ferns and grape leaves lined serving trays, and forget-me-nots filled out the tiny bouquets punctuating the garland. The pink ribbon came in handy—we wound it around the supporting tent ropes. My mother shook her head at the effort, but it gave the whole a carrousel effect. Rhododendron greens and blooms were wired around the tent stakes to hide them, and watered copiously in the heat.

After two months of planning and work and shared love, my new husband and I had such a wonderful time we were the last to leave the party. Though cleaning up, luckily, is not part of a bride's duty, I was told that by 11 A.M. the next

Continued on page 136



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morning the tent was gone and it hardly looked as if a wedding had happened. Only telltale champagne bottles turned up under bushes all summer.

THE CAKE

Two months ahead: Start research, gather equipment—pans; cooling racks; mammoth bowls; pastry bags; large, round, and star tips. If you don't have a standbowl mixer like a KitchenAid, make arrangements to borrow one.

Six weeks ahead: Begin zesting the citrus using a very sharp vegetable peeler and several assistants, if you can round them up. Store in a glass jar until needed—up to 1 week.

Buy almonds and blanch and grind them very fine. Store in plastic in the refrigerator.

Five weeks ahead: Buy eggs and set aside 4-5 hours for baking. Only make as many layers as will fit in the oven at one time, or arrange with a neighbor to bake a layer in her oven.

When layers are cool, wrap well, and store either in the freezer or in the refrigerator until the day before the wedding.

The schedule can be varied to suit you: The cake can be made earlier—since you should douse it with more Grand Marnier every 2 weeks or so, it will only develop a more pronounced flavor. Or you can make it later, and it will have a fresher, more buttery taste.

You can also divide the baking up and bake 2-3 layers one day, the remaining layer another.

One week ahead: Make a batch of icing and practice piping shells on cookie sheets.

Two days before: Separate eggs, and keep whites in batches of 4 or 8. Hopefully, you have thought of what to do with the yolks or have been saving whites in the freezer for the past few months.

Day before: Make icing and give cake its flat, white "underskirt." Let set a few hours. Make more icing and pipe on decorations. When cake is finished, move, *carefully*, to a cool place.

A few hours before: Place the fresh flowers around the base of the cake and on top if you do not have an ornament.

Grand Marnier wedding cake

The cake is a variation on the pound cake found in James Beard's *American Cookery* (Little, Brown). Double the recipe and make it twice to make enough for a 4-tier cake plus a little for a small cake to sample. A good tip is to measure how much each of the layer pans will hold—14 by 3 inches, about 20 cups; 10 by 3, 9½ cups; 8, 4 cups; and 4, 1¾ cups. Since the cake is a focal point, think about height—thus four 3-inch layers, and where it should be placed during the reception where it can be easily seen but not knocked into!

INGREDIENTS

Zest of 10 lemons
Zest of 10 oranges
1 pound sugar
1 pound butter
10 extra-large eggs, separated
¼ cup orange juice, freshly squeezed
1 large bottle Grand Marnier
1 teaspoon vanilla
3½ cups Hecker's unbleached all-purpose flour
¼ teaspoon sea salt
1¼ pounds almonds, blanched and ground
1 bottle light corn syrup
White icing

METHOD

☐ Peel zest of oranges and lemons with a vegetable peeler. You can do them a few at a time and keep in a tightly sealed glass jar in the refrigerator. Make sure your vegetable peeler is sharp! Squeeze the juice and freeze in ice-cube trays for summer punches.

☐ Pulverize the zest with the sugar in a food processor. Cream the butter until very light and fluffy with the heavy-duty mixer. Add the zest and sugar and continue to beat until fluffy. Add the egg yolks one at a time while mixer is running, and beat each into the mixture completely.

☐ Beat in the orange juice, ¼ cup Grand Marnier, and vanilla. Sift the flour several times with the salt.

☐ Transfer the butter-egg mixture to a huge bowl and stir in the flour and nuts. Beat the egg whites in another huge bowl with the heavy-duty mixer and fold into the batter until all are incorporated.

☐ Grease and flour the pans well and pour in the batter to within 1 inch of the top. Bake in a preheated 300° oven 1½-2 hours or until a cake tester inserted in the center of the cake comes out clean.

☐ Let cakes cool on racks 15 minutes and then unmold onto racks to cool further. Mix equal parts corn syrup and Grand Marnier in a measuring cup and brush liberally all over the cake—top, sides, and bottom—while it is still warm so the cake will absorb more. Let cool completely.

☐ Cut large pieces of cheesecloth and soak them with Grand Marnier. Wring out a bit and wrap around cake layers so they are completely encased. Wrap in foil then plastic bags (garbage bags for the largest layers). You can refrigerate or freeze the layers as you wish or as space dictates.

☐ Cut circles of stiff cardboard the same size as the layers and cover with foil. Use these not only when assembling the cake to ice it, but to protect the cake in the refrigerator. The cake is very dense, so short of dropping it, you don't have to worry about it.

☐ Once a month, or more often as you wish, open the layers and pour on a bit more Grand Marnier. Cake can be made just before needed, but is better when allowed to mature a month or more.

☐ If made just to eat, the cake will not need icing, but for a wedding, a real white icing is pretty. The 4-tier cake will easily serve 120-150 people.

Boiled icing

The icing is based on the Wilton boiled icing in The Wilton Way of Cake Decorating, *which also has the directions and tips for all the piping work.*

INGREDIENTS

2 cups sugar
½ cup water
4 egg whites, room temperature
Salt
Grand Marnier
Confectioners' sugar

METHOD

☐ Put the sugar and water in a heavy saucepan and bring to a boil over moderately high heat. Wash crystals off the sides of the pan with a pastry brush dipped in water.

☐ While sugar syrup is boiling beat the egg whites in a large bowl with a dash of salt until very stiff.

☐ When the syrup is boiling all over its surface and begins to look like boiling jam with the bubbles getting very small, and when it spins a very heavy thread, take off heat immediately so it doesn't caramelize. Stop the cooking by quickly dipping the pot in cold water—just in and out—or spraying the bottom of the pot with cold water with the sink spray attachment.

☐ Pour the syrup in a thin stream into the egg whites while beating and continue to beat until mixture is very stiff, about 5 minutes. Beat in a splash of Grand Marnier.

☐ Sift the confectioners' sugar and add it, bit by bit, to the icing while beating until icing is very stiff and smooth. Since it might be hot out, you don't want the icing to melt and run, but you want it still soft enough to work with. Cover with a damp paper towel until ready to use, but do not wait more than a few minutes. Makes about 4 cups icing. It can be doubled easily or made in successive batches so it won't dry out before being used.

Assembling and icing cake

☐ Pile the layers one on top of the other, placing the foil-covered cardboard circles in between. Place the cake on a lazy Susan or a large platter on a card table in the middle of the room so you can work from all sides. This is the time to have plenty of help.

☐ Spread the icing on the cake with thin, flexible, metal spatulas piling the icing on fairly thickly then taking it off in long, even sweeps to get a really smooth surface. Your cake will look, however, charmingly handmade. You could also pipe the icing on vertically with a fat, round tip.

☐ Pipe icing around the top ornament to secure it to the cake. If you plan lots of piping, make sure you have help with it.

Cutting the cake

☐ I searched and searched for an answer that made me happy. How to cut the cake without destroying its looks—can't be done.

☐ Begin by lifting off the small top layer to freeze, first removing all the icing. Put it to the side and cut the entire second layer across and then across again in squares. When it is gone, do the same to the third layer, and so on down to the last layer.

Quick, a caterer! A kingdom for a caterer! Bruce Bolton, a caterer headquartered in Manhattan, fit my specifications. He suggested a stripped-down menu, and gave lots of tips and advice that made the prospect of a buffet dinner for 100 seem easy. Hors d'oeuvre, in particular, are his special love and they are delicious.

Hot tartlets of shrimp and crab
Hot cheese blimps
Smoked trout purée on Melba toast
Tiny cocktail sandwiches
Hot ginger chicken with green rice
Vegetable salad vinaigrette
Finger rolls with herb butter
Cold mocha soufflé
Cold orange soufflé
Wedding cake

Cheese blimps

INGREDIENTS FOR DOUGH

1 cup milk
1 cup flour
2 eggs
1 teaspoon sugar
½ teaspoon salt
1 tablespoon butter, melted
Pam

INGREDIENTS FOR CHEESE FILLING

5 tablespoons butter
3 tablespoons flour
1½ cups milk or light cream, boiling
½ teaspoon salt
Dash white pepper
Pinch nutmeg
Pinch cayenne
1 egg yolk
1 cup Swiss cheese, grated

METHOD FOR DOUGH

☐ Put the milk and flour in a blender container and add the eggs, sugar, salt, and butter. Blend until flour is completely absorbed.

☐ Pour mixture into a plastic squeeze bottle for easy handling. Have ready miniature brioche tins—1 inch deep by 1¾ inches in diameter. Give them a light spray of Pam. Pour in batter until molds are ½ full. Bake in a preheated 350° oven until puffed and golden, about 25 minutes. Turn out onto a pan to cool.

METHOD FOR CHEESE FILLING

☐ Melt 3 tablespoons butter in a heavy saucepan and add the flour. Cook without browning a few minutes over low heat.

☐ Whisk in the boiling milk or cream, salt, pepper, nutmeg, and cayenne. Whisk until thick.

☐ Remove from heat and beat in the egg yolk being careful not to let the sauce curdle. Stir in the cheese and remaining butter, and let cool.

☐ Fill a pastry bag fitted with a Bismarck tip with the mixture and fill the tiny blimps with the cheese mixture, piercing them with the end of the Bismarck tip. These may be frozen or just refrigerated until needed. Reheat in a 350° oven about 8 minutes. Serve warm. Makes about 145 blimps.

Shrimp and crab tartlets

INGREDIENTS

Unsweetened pie pastry (a recipe using 2 cups all-purpose flour will make about 54 shells)
1 tablespoon butter
1 tablespoon flour
½ cup clam juice
½ teaspoon white pepper
Dash cayenne
Dash nutmeg
½ teaspoon salt
⅓ cup dry vermouth
1 cup cooked shrimp, finely chopped, or 1 cup Alaska king crab, finely shredded

Continued on next page

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Bride bakes the cake
continued from preceding page

METHOD

☐ Line 1½-inch-diameter tartlet shells with pastry and bake in a 400° oven 12-15 minutes or until golden brown. Weight the pastry before baking with beans, or fit a second pan into the first on top of the pastry.

☐ Melt the butter over low heat in a heavy saucepan. Whisk in the flour and cook a few minutes without browning. Whisk in the clam juice and cook until thickened and smooth. Season with the pepper, cayenne, nutmeg, and salt. Add the vermouth and cook a few minutes. Add the shrimp or crab and heat through.

☐ Place a heaping teaspoonful of hot shrimp or crab mixture in each tartlet and serve immediately. Makes enough to fill 54 tartlets.

Purée of smoked trout

INGREDIENTS

3 smoked trout
⅓ cup heavy cream
Juice of ½ lemon
2 tablespoons olive oil
Melba toast or rounds of buttered white bread
Minced radishes

METHOD

☐ Remove skin and bones from trout; place in a blender or food processor. Purée with cream, lemon juice, olive oil.

☐ Spread on the Melba toast or bread and garnish each with minced radish. Makes about 2 cups purée.

Ginger chicken

INGREDIENTS

16-20 whole chicken breasts
2 large onions, unpeeled and quartered
4-5 large, leafy celery stalks, cut in chunks
2 large carrots, scrubbed, cut in chunks
Salt, black peppercorns
½ pound fresh ginger, peeled and thinly sliced
1 cup dry Madeira
Butter
Flour
About 1 cup olive oil
2 pounds small fresh mushrooms
Parsley, finely chopped

METHOD

☐ Skin and bone the chicken breasts and remove all visible fat and tendons. Save the trimmings to make stock, or have the butcher do it and ask him to save the trimmings for you.

☐ Put the trimmings in a large stock pot with the onions, celery, carrots, 1 tablespoon salt, 12 whole peppercorns, and water to cover. Bring to a boil and simmer 3 hours, adding more water if necessary. Strain into a bowl, and chill overnight in the refrigerator. Scrape off fat and discard.

☐ Place the stock in a heavy pot and reheat. Add the ginger and simmer for 1 hour. Strain and discard the ginger. Reheat and stir in Madeira.

☐ In a large, heavy saucepan melt ½ cup butter over low heat and whisk in ½ cup flour. Cook over very low heat without browning for 10 minutes. Whisk occasionally. Pour in stock while whisking vigorously and cook over low heat until lightly thickened. Taste for seasoning. This sauce can be made well ahead of serving time. Keep in the refrigerator until needed.

☐ Cut the whole chicken breasts in half, then cut each half into bite-sized pieces, about 4 each. Put 2 cups flour in a bowl, season with 1 tablespoon salt and ½ tablespoon freshly ground black pepper. Add chicken pieces to flour, a few at a time, toss. Shake off excess flour by placing chicken in sieve, shake over bowl.

☐ Heat equal amounts of butter and olive oil in a large skillet, about 2 tablespoons of each. Add the chicken pieces and sauté over medium-high heat until brown all over. Do not overcrowd the pan. Add more butter and oil as necessary. The chicken can be sautéed a day ahead.

☐ At serving time, combine the chicken and ginger-flavored stock in large table-going, flameproof casseroles. Heat over very low heat.

☐ Meanwhile trim mushrooms and sauté in butter in a large frying pan until they give off their liquid, and then cook until dry. Stir into chicken. Sprinkle each serving with finely chopped parsley. Serves about 25. Recipe can be doubled. ■

Food that refreshes
continued from page 126

Cucumber and potato salad

INGREDIENTS

1 pound cucumbers
1 pound new potatoes
1 large handful fresh mint leaves, torn in half
½ cup whole almonds, blanched
Light French olive oil
Lemon juice, freshly squeezed
Fresh mint

METHOD

☐ You should have equal amounts of cucumber and potatoes. Choose potatoes that are evenly shaped so you will get slices that are about even in size, about 2-2½ inches in diameter.

☐ Strip cucumbers, cut in half lengthwise, and scoop out seeds. Thinly slice them to get crescent shapes. Drop in a bowl of salted, cold water and let soak about ½ hour. Drain well, rinse, and dry.

☐ Meanwhile, cook the potatoes just until tender—be careful not to overcook them—in salted water. Peel, cool, and thinly slice them.

☐ Toss cucumbers, potatoes, torn mint leaves, and almonds together in a serving bowl. Add oil, lemon juice, salt and pepper to taste and toss again. Serves 4-6. Garnish with whole fresh mint leaves.

Carrot and chick pea salad

INGREDIENTS

1½ cups carrot, a mixture of both grated and julienned carrot
1 cup chick peas, cooked
½ cup good black olives, halved
3 tablespoons oil and vinegar dressing spiced with cumin, coriander

METHOD

☐ Mix carrots, chick peas, olives in a bowl. Toss with dressing and serve. Serves 4-6.

Tapenade-stuffed lemons and vegetables

INGREDIENTS

1 cup black olives, coarsely puréed
4-6 well-washed anchovy fillets (soak for several hours in 3 changes of tepid water)
2 tablespoons capers
1-2 cloves garlic, crushed
Freshly ground black pepper to taste
1 hard-cooked egg, finely chopped
Lemon juice, freshly squeezed
Wine vinegar
Olive oil
Whole, scooped out lemons, sweet peppers, tomatoes, squash cored

METHOD

☐ Put olives in a bowl, add the anchovy fillets and mash together well. Add capers, garlic, pepper, and egg and mix very well. Stir in lemon juice, vinegar, and oil to taste and to the desired consistency—it should not be too thick nor too thin, but mound nicely. Makes about 1½ cups tapenade. Stuff the raw vegetables with the tapenade.

Lemon tart

INGREDIENTS FOR PASTRY

Generous 1½ cups all-purpose flour
¼ cup sugar
7 tablespoons butter
Pinch salt
Ice water

INGREDIENTS FOR FILLING

5 lemons
½ cup sugar
5 tablespoons butter
¼ teaspoon vanilla
5 medium eggs, beaten

METHOD FOR PASTRY

☐ Work together the flour, sugar, butter, and salt in a bowl until coarsely blended. Add cold water a sprinkle at a time until you can form dough into a ball. Wrap in wax paper and refrigerate 2 hours.

☐ Roll out and fit into a 9-inch tart pan.

Bake the shell in a preheated 425° oven 5 minutes. Weight pastry down with dried beans for baking.

METHOD FOR FILLING

1. Grate zest of 4 lemons into the top of a double boiler. Slice remaining lemon very thinly and reserve to garnish finished tart.
2. Squeeze the juice of the 4 lemons and add to zest. Add sugar, butter, and vanilla and heat until warm over barely simmering water.
3. Add eggs and continue to cook, stirring constantly, until custard coats a spoon.
4. Pour custard into pie shell and bake in preheated 350° oven for about 30 minutes or until shell is quite golden and filling is firm.
5. Decorate with very finely sliced reserved lemon. Serves 4-6. ■

Midsummer's day celebration

continued from page 79

SMORGASBORD FOR MIDSUMMER CELEBRATION

Glassblower's herring
Pickled fresh cucumber
Smoked Swedish caviar
Herring marinated in tomato sauce
Fresh potatoes boiled in dill water
Herring salad
Matjes herring à la "Mormor" (Grandmother's)
Sour cream sauce
Gravlax
Mustard-dill sauce
Eye of the sun
Liver pâté
Assorted breads / Fresh butter
Edam and Brie cheeses
Beer
Tiger cake
Cinnamon buns
Midsummer cake with strawberries
Fruit juices *Coffee*
Danish Aalborg aquavit
Norwegian Linie aquavit

Liver pâté

Leverpastej)

INGREDIENTS

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1 cup heavy cream
- 1 pound fresh pork liver
- ¼ pound fresh pork fat
- 1 onion, coarsely chopped
- 3 Swedish anchovy fillets, drained
- 2 eggs
- 1½ teaspoons salt
- ¼ teaspoon white pepper
- ½ teaspoon ground allspice
- ¼ teaspoon ground cloves
- ¼ teaspoon ginger
- 3 tablespoons dry vermouth
- Bouillon aspic (beef consommé or broth thickened with gelatin)
- Fresh greens—lettuce, spinach, chard

Continued on next page



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continued from preceding page

METHOD

☐ Melt the butter in a saucepan, remove from heat, and stir in the flour. Add the milk and cream and bring to a boil over high heat, beating constantly with a whisk until the sauce is smooth and thick. Let it simmer for a minute, then set aside to cool.

☐ Cut the liver into chunks. Roughly chop the pork fat and mix both with the onion and anchovies in a bowl. Divide the mixtures into thirds. Purée each batch in an electric blender set at high speed, adding enough sauce to keep the blender from clogging. Transfer each completed batch to a large bowl and beat in remaining cream sauce.

☐ To make by hand, put the liver, pork fat, onion, and anchovies twice through the finest blade of a meat grinder, then combine with the cream sauce, beating them together thoroughly. The blender mixture will be considerably more fluid than the one made by hand.

☐ Beat the eggs well with the salt, pepper, allspice, cloves, ginger, and vermouth in a small bowl and mix thoroughly into the liver mixture.

☐ Butter a 9½-by-5¼-by-2¾-inch loaf pan and spoon in liver mixture. Cover with buttered waxed paper or aluminum foil; tie on with string. Put loaf pan in a large pan and fill halfway with hot water. Bake in a preheated 325° oven 2 hours or until a thin knife inserted in the middle comes out clean.

☐ Cool in loaf pan overnight. Pour on a layer of aspic and let set. Unmold onto a platter and garnish with greens. Serves 8-10. Keeps well stored in refrigerator.

Eye of the sun

(Solöga)

INGREDIENTS

2 raw egg yolks
5 Swedish anchovy fillets, chopped
1 tablespoon onion, chopped
1 tablespoon capers
2 tablespoons pickled beets, diced

METHOD

☐ The amounts can easily be doubled for a larger party. Place yolks in the center of a small serving plate and arrange anchovy fillets, onion, capers, and beets in a ring around the eggs.

☐ The first person to help himself to the dish stirs all ingredients together, blending well with a fork.

☐ If the dish is prepared ahead of time, cover with aluminum foil and keep in refrigerator until serving time. Serves 2.

Grandmother's herring

(Matjes herring "à la Mormor")

INGREDIENTS

2-3 Matjes fillets
1 red onion
½ cup radishes
1 small leek
2 hard-boiled eggs
2-3 tomatoes (optional)
1 cup cucumber, minced
Dill sprigs
Sour cream sauce (recipe below)

METHOD

☐ Cut the fillets crosswise into ½-inch pieces. Chop the onion finely and slice the radishes and leek in thin slices. Divide the eggs into halves and, if used, slice the tomatoes thinly. Arrange herring and remaining ingredients in rows on a serving platter. Garnish with dill sprigs and serve with sour cream sauce. Serves 4.

Sour cream sauce à la Mormor

INGREDIENTS

1 cup sour cream
1 tablespoon prepared mustard
1 tablespoon capers
1 small yellow onion, chopped
¼ teaspoon salt
White pepper to taste

METHOD

☐ Mix all ingredients well in a bowl to make a sauce. Refrigerate until needed. Makes 1¼ cups sauce.

Herring salad

(Sillsallad)

INGREDIENTS

1 salt herring or 2 Matjes herring fillets
1¼ cups boiled potatoes, diced
1½ cups pickled beets, diced
½ cup dill pickles, diced
½ cup apple, diced
¼ cup onion, finely chopped
4 tablespoons vinegar or liquid from pickled beets
2 tablespoons water
1 tablespoon sugar
Dash pepper
½ cup sour cream

METHOD

☐ If Matjes fillets are used, they need no preparation except to be minced finely. If salt herring is used, clean fish, removing head. Soak fish 10-12 hours, changing water a few times so fish will not be too salty. If you wish, start soaking fish 3-4 hours before you go to bed, change water a few times, and soak overnight. Bone and fillet the fish.

☐ Finely mince all the diced ingredients and onion so the flavors will blend as they should. Mix them together thoroughly but carefully with the fish—they should not be mashed.

☐ Combine vinegar, water, sugar, pepper in a bowl and blend well. Gently stir into fish mixture. Place in a bowl and refrigerate. Before serving, fold in sour cream. This salad will taste better after a few days in the refrigerator. Serves 6-8.

Tiger cake

(Tigerkaka)

INGREDIENTS

1 cup butter or margarine
2 cups sugar
4 eggs
1 tablespoon lemon juice
3 cups all-purpose flour, sifted
½ teaspoon baking powder
½ teaspoon baking soda
1 cup milk
1½ tablespoons cocoa
1 tablespoon dry bread crumbs

METHOD

☐ Cream butter or margarine with sugar until very fluffy in a large bowl. Beat in eggs, one at a time; beat at medium speed of an electric mixer until well mixed and add lemon juice.

☐ Sift dry ingredients together into a bowl, and add to egg mixture alternately with the milk. Beat until smooth on low speed. Separate ⅓ of the batter and mix it with the cocoa.

☐ Butter a 10-by-4-inch round bundt pan or a 9-by-5-by-3-inch loaf pan. Sprinkle inside of pan with bread crumbs, shake out excess crumbs. Spoon in ½ of the light-colored batter, then all the dark one, and finish with the remaining light batter.

☐ Bake cake in a preheated 325° oven for 1 hour and 15 minutes or until a tester comes out dry when inserted in the middle of the cake. Cool before serving. ■

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sit in a comfortable chair. Cross right leg over left knee and vigorously slap sandal to the bottom of your foot keeping toes curled around raised wooden ridge. Continue as long as you can. Then cross over other leg and repeat.

FOR THE LOWER LEG

• Sitting, stretch legs out. Point toes hard, flex just the toes, then flex the whole foot. Repeat 20 times.

• Sit in a chair, bring knees up to your chest, and flex foot. Relax your foot, flex, repeating 20 times.

• For the front of the leg: with shoes off, step on the toes of one foot with the other foot. Try to raise the bottom forefoot. Do as many times as possible, then change feet.

• For the back of the leg: Assume a long sitting position on the floor. Keeping legs straight, grasp the toes of one foot with both hands and pull it toward you until you feel the stretch in the back of the lower leg. Release, repeat, alternating 10 or 15 times.

Do-it yourself pedicure

Tips from pro Mimi Glaser, pedicurist at Kenneth Salon.

1. Wash your feet and remove old polish. Ground-in dirt can be removed by applying a paste-like solution of baking soda and water, rubbing with a washcloth or brush, then washing.

Continued on page 142

Delicious dishes fresh from the garden.

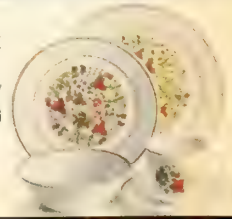








Fresh flowers on the table have awakened many a sleeping taste bud. And these sunny floral patterns harmonize happily with your favorite colored table linen. They're CORELLE® Expressions livingware from Corning. Which means they're no shrinking violets at taking punishment. And the patterns won't wilt in the washer. Choose your favorite decoration. Or, for gifts, buy the whole blooming lot. **CORNING**



Corelle® Expressions livingware

Foot news
continued from page 140

2. Soak feet in a solution of warm water and mild soap (shampoo or mild dish soap) for 5-10 minutes. For tired feet add Epsom salt or massage briefly beforehand with cider vinegar. Splash with cold water.
3. Cut toenails straight across—rounding them might cause ingrown toenails. File smooth.
4. Massage cuticle cream or Vaseline into cuticles. Then push back with an orangewood stick. Trim loose ends with a nail nipper.
5. Put your feet back in the soaking solution and rub rough spots with a pumice stone (don't forget to wet the stone first).
6. Dry feet and massage with cream upwards from toes to knees.
7. Rewash making sure you remove all the cream. Use a nailbrush.
8. Now you're ready to polish your toes. Separate toes with wads of tissue, not cotton. Use an undercoat, two coats of polish, and finish with a topcoat that'll keep nails shiny. Let dry completely. (If you have to go out before you're sure the polish is absolutely dry, lay a piece of plastic wrap across toes before putting on stockings.)

FOR EXTRA-SPECIAL CARE:

• To protect your toes, particularly if you run or play a lot of tennis, wrap them in lamb's wool: It'll prevent bruised toes, split or ridged nails.
• After creaming your feet, put them in a large plastic bag. Sit with feet elevated (to help circulation) for ½ hour letting the warmth of your body heat the cream and soften the skin. Pumice.

A quick foot refresher

If you're on your feet all day long, Dr. Gary Sherman, Director of Podiatry at the New York Infirmary, suggests you take extra time to refresh them by soaking them morning and evening in a mild solution of warm water and rock salt; then thoroughly creaming them. Or, try a quick rubdown with alcohol at the end of the day: It can work wonders too.

Room of your own
continued from page 98

Or, you could say that the way I *ignored* the space about me when we first bought this house in the country reflected my ambivalence. It seems so old-fashioned to still be veering back and forth between my books and my omelets for confirmation of my worth as a person, but veer I do. I did not recognize how deep this rift between personhood and womanhood continues to be until I stepped back a bit and took a look at my attempts to bring meaning and order to our new house.

The first thing we decided to do was turn the third-floor attic into a magnificent, private place to use as our bedroom and our escape. Lowell is a writer, too, and since both of us work at home it seemed glorious to have a place to get away to when we needed it. We asked the contractor to knock a hole in one of the end walls and install a big glass slider. (We were to become quite fond of these, before the renovation was over, discovering, as we did, that sliders are the cheapest way to let in a lot of light and view.)

In this case the view was a small patch of mountains across the Hudson and a large patch of hilly farmland leading to the woods along the northern boundary of our property. We live only half a mile from the center of the village, so it seems quite exotic to us that these woods belong equally to deer and a nefarious outfit called the Neighbors' Rod and Gun Club. (We have yet to see one of the Neighbors but we *have* seen deer. On Christmas Eve, my 13-year-old son was on his way out to the barn when he looked up on the hill and saw, like a sign in the East, the biggest, most antlered buck he'd ever laid eyes on. "Ma!" he exclaimed, breathlessly, as he pounded back into the house. "It was just like the Mutual of Omaha commercial!")

We began calling the renovated attic our "loft," because that's what it looks like more than anything—an artist's loft. It is 35 feet long and 26 feet wide. Instead of the more conventional knee walls we chose to leave the huge visual space created by the natural slope of the roof. It meant we wouldn't be able to use much in the way of furniture, but we rather liked that idea. This would be our own special place, markedly different in feeling from the rest of the house, as cut off from reality as a spaceship. There would be no closets, or chests of drawers, or couches to mar the sweep of pure line. We would have dressing rooms on the floor below.

Our bed, covered with an afghan, was tucked flat on the floor under the dormer, which forms a monumental, wood-lined canopy over our heads. The floor itself (in our opinion) is a work of art. Wide boards of the cheapest grade yellow pine, installed without a finish in about 1910, turned so rich and mapley when polyurethaned, they cast a rosy glow on the ceiling above when hit by the late afternoon sun.

The only other furnishings up there are a few Oriental rugs given us by Lowell's mother, some large cushions, two telephone jacks (his and hers), and a single red phone. We had a plumber pull up a water line and we plan to install a huge old ball-and-claw-style bathtub as soon as we can find one. It will sit smack in the middle of everything, so that we can have the view while bathing and also because we like the idea of treating the tub as an object of contemplation. Some books, some music, and our loft was finished. We flued an antique parlor stove into the chimney for heat and feel like prince and princess of the mountain up there.

Continued on page 144



Free recipe booklet write: Cheri-Suisse Recipes, P.O. 1645, FDR Sta., N.Y.C. 10022

1

A flavor A Day

2







4



5 keeps 6 temptation away



7

8

9



10



11

12



15

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17



18

19

Room of your own
continued from page 142

The first time we saw this property, it was late summer. Lowell took one look at the barn, set back a couple of hundred feet behind the house, and decided it was a perfect spot for his writing studio. We looked dreamily at the long brown pods and heavy white blossoms of the catalpa trees. I was happy that after several years of working in the living room with kids and animals running about, Lowell was going to have a nice, quiet place of his own.

We had a wall knocked out between two dark little parlors to open up a large, bright living room. We had a tiny, pointless bathroom removed from the edge of the kitchen. We had the floors refinished. By the time the workmen finished it was the 8th of December and the first snow of the season was falling. We moved in the snow, all slipping and laughing, and then Christmas came, and then I had a book due at my publisher's, so that it was well into February before I began looking out the window at Lowell's barn with a certain wistfulness.

In my mind, it's Lowell's barn, even though he occupies only a small quarter of it. I can look out of any window in the house and the barn is always there, red and monolithic against the blue sky. Smoke rises from a small chimney pipe behind the peak of its roof. It reminds me of his industry, that smoke always pelting out against the sky from his wood stove. I think of his neat work table and lamp, the serious black telephone, the stock charts tacked up on the horse stall behind his desk. That space is very much Lowell's. He wanted it, he took it, he made it work for him. He ripped out the rotted, 2-inch-thick floorboards and replaced them with the boards from an old tack closet. Not knowing how much insulation he might need to hold tight against the howling night winds, he chose to make do this first winter. He stapled plastic up against the north and south walls of the stable. He piled hay a couple of feet deep on the second floor of the barn, directly over his ceiling. "Hay has a high R-value," he told me. "It's also exothermic and produces heat."

Well, it produced enough heat—the hay and the woodstove combined—to allow him to revise the galleys for two books, write several articles, and work on a novel this winter. Occasionally, after a late night, he'd end up sleeping on the bed he'd constructed over the feed trough. Occasionally I'd spend the night out there with him. We'd stoke up the stove to get us through the night and drink cognac while mice scampered across the ceiling beams. In the morning, one of us would tiptoe across the cold floorboards to throw fresh wood on the coals. The snow would be drifted 4 feet high against the glass slider door ar the blueness of the sky above wou make us feel giddy and free.

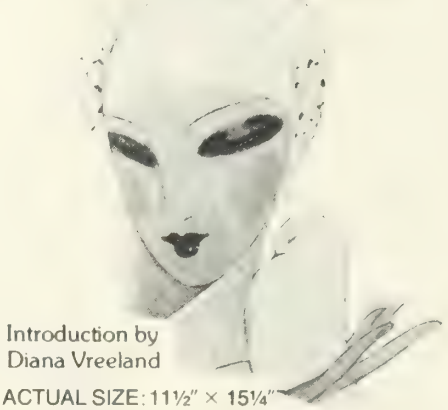
Secretly, I envied Lowell his spac I gave him a patchwork quilt for stable-warming present, but inside railed against myself because I had n had the vision or the sense of purpose take and make such a space for mysel After the initial chaos of moving, aft the first phase of spackling and paintin and stripping the old varnish from th chestnut woodwork, oh yes, long aft I'd gotten used to the way the sun floo the living room in the morning and th moon floods the loft at night, it occurre to me, one dismal day, that I *hated* th room I'd picked as a workroom. It ha brown-painted floors and quaint ol wallpaper—grayish dogwood blosson on a sickly yellow ground. Probably had been the master bedroom once, f it had a door leading to the only bat room in the house. I was privy to eve bath, every ringing flush of the toile Two children had their rooms on th same floor, and they clattered up an down the stairs with the animals in h pursuit. In addition to all its other i adequacies, there wasn't even a vie Every other room in the house had view!

You might think, by this careles choice of a room for my work, that only dabble at it in between meal prep arations. On the contrary, I've been

Continued on page 14

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Room of your own
continued from page 144

professional writer for fifteen years and at this point the children cook as frequently as I do, yet the kitchen is more efficiently organized than my studio. I look about this room in which I spend eight hours a day or more, and am filled with a kind of helpless bewilderment. Oh, I have a decent enough desk (it has two file drawers) and my typewriter is a fancy IBM Selectric, but beyond *that* . . .

I look in disgust at my jerry-built bookshelves. I've had them for four years now. They consist of five old boards stained with Minwax and supported with bricks. It's an incredibly dizzy arrangement. My books are in twelve crates, gathering mold. These dumb bookshelves are good for holding paperclips and stacks of old Playbills. The whole room, it becomes clear, is a kind of dungeon. I have no space for spreading out the chapters of the book I'm working on. I have no couch or even an easy chair for stretching out while I do the endless reading that's part of my work. The lighting stinks and, by God, there's no music!

This is the recognition that does me in. I love music; I will go so far as to say I'm a music freak, and we have two stereo systems in the house as well as Lowell's quadraphonic setup in the barn. But in this room where I work—you guessed it!—I have an $11.95 Emerson AM-FM from Radio Shack that only gets Poughkeepsie!

The worst part about these fresh insights was the feeling that it was too late. We had been in our new house for three months and everyone was solidly ensconced in bedrooms and studios. There was that enormous, 35-by-26-foot space upstairs that got relatively little use but had been so emotionally earmarked as "ours" that I could hardly march into it now, trailing filing cabinets, bookshelves, and buzzing fluorescent typing lamp.

For a while, for a few miserable days, a terrible impotent anger filled me. I am 40 years old and there was no one I could blame for the situation. I *could* put soundproofing between my wall and the bathroom and install a couple of mammoth new windows to give the room some light but I would *still* be right in the middle of things with the children and animals clattering up and down the stairs.

I wanted Lowell to come up with a solution. I wanted to be *given* a space rather than to take one for myself.

There was something strangely confronting about taking some positive action on my own behalf. It would mean facing up to a responsibility I didn't want. *What* responsibility?

Then it occurred to me that I have always liked having an inadequate, amateurish environment in which to do my work. On some level it has meant I would never have to view myself as a competent, professional full-time worker in the world. I have deliberately kept one foot in the pantry, one ear to the door, so that deep inside myself there would always be that potent little excuse ready in the event that I might fail: *I am a mother. What can you expect of me? The blueberry pie is in the oven, and if I don't run into the kitchen right now it might burn.*

And what about the couch in my room? What if I should want to stay in my room by myself one night? Lowell did that, sometimes, and I thought nothing of it. But if *I* should do it, what part of my womanness would I be throwing away? Can a woman have solitude and a man, too? That's what it seemed to come down to.

I thought about this. If a man is working on a novel, it's a foregone conclusion that nothing much should stand in his way. If a man is a poet, it's pretty much accepted that he should be allowed to dream his dreams. But what of a woman?

What a frightening thought. I know that if I am ever to do my best work there have to be hours, maybe long uninterrupted stretches of time. It is not just a question of meeting deadlines (I can stay up all night working to meet a deadline without feeling guilty), but of giving myself whatever internal space I need in which to grow and dream. I must give myself that space just as I must take whatever external space is appropriate for my inner freedom.

It dawns on me that my daughter has what would make the ideal study. It's a 12-by-16-foot extension on the house—off the dining room, actually—and when the bedrooms were being distributed she picked this room primarily for its large, modern closet. Yet she had never really unpacked all her things and taken possession of the place. It was a bit cool, a bit remote—somewhere between the hubbub of the family and the farthest distant star.

I approach her with my problem, offering to sweeten the deal with a television all her own if she's willing to switch rooms. She's willing, but doesn't like the wallpaper in my room. If you scrape the wallpaper, I'll spackle and paint, I say. She says it's a deal.

My new workroom is clean and white and wonderful. I have glossed its clean floor with a new coat of gym seal. I have thrown out my old metal desk and am using a carved, antique library table instead. I have put in an entire wall of bookshelves, white, floor to ceiling. And a couch with bright cushions, and a new stereo, and plants. No longer needing my narrow halls and closed-in rooms I've installed another of those sliding glass doors. It captures the view to the north, the woods, the Neighbors, and maybe on some fulsome summer night when the crickets are humming and I am up at 4 o'clock in the morning I will see, like a sign from the East, the biggest, most antlered buck I have ever laid eyes on. And he will wink at me. ■

Owning a house
continued from page 99

writing, a prospect that thrilled me; the second a guest room and perhaps a nursery someday; and the third, of course, a master bedroom. The family room was an ideal den for my husband, paneled in dark wood, and although the kitchen needed modernizing, I loved the picture window that overlooked the trees and garden in back.

The house had its imperfections, certainly. It was somewhat rundown from the neglect of its previous owners; its shape was dumpy; and its color pea green, but we felt we could correct most of its faults or live with those we couldn't. The net impression was rather like one's maiden aunt, dowdy but dependable.

So we came, we saw, we bought, and whether or not we conquered, we are not yet sure. There have been major adjustments because of the commute, for example. We decided to manage with one car, our sturdy Volvo that had survived 10 years of outdoor parking in New York, and rolled into the garage of our new home with an almost perceptible shudder of relief. It is in that Volvo, whose health has become as important as our own, that we hurtle 8 minutes to the Trenton station each morning to catch our respective 7:40's in opposite directions. At night we try to coordinate our trains so that we arrive about the same time and can drive home together. These complications compound the changes in our living habits: getting up early, getting home late, eating late, going to bed early. On the plus side there is the quiet, the garden, the walks we take together, the birds, the space, the freedom as well as the responsibility of ownership.

One of my biggest surprises was how seriously I took the responsibility. The turmoil of moving in and getting settled had pushed the priority of getting a cleaning woman out of my mind. Besides, I didn't really know anyone to ask, so I vaguely resolved to take care of the house myself for the time being. I also noted that some atavistic animal instinct actually made me *want* to clean my own house, like the bird its nest or the lion its lair, or perhaps it is pride of ownership that carries with it the imperative to clean one's own house, because no one else would care enough to do it as well.

Feeling sanctimonious in my newfound maturity, I sternly reminded myself that gone forever are the carefree days of apartment living, where the mess you make may be yours today but some-

Continued on page 152

The end of bitter coffee taste.



"Better natured. Not bitter."

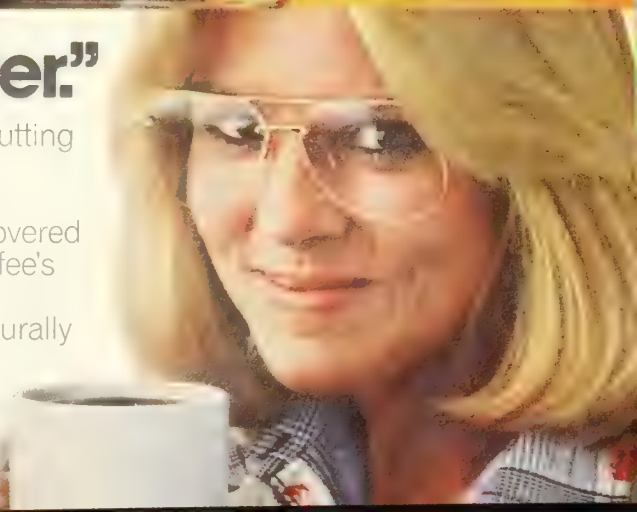
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SHOPPING INFORMATION

PRICES APPROXIMATE, state and local taxes additional. *Consult your interior designer or department store decorating service. All sources in New York City unless otherwise indicated.

COVER

Upholstered bed: Custom-designed by Angelo Donghia. From Donghia Associates*, NYC 10021.

Upholstered slipper chair: 19½" x 23½" x 28" h. Designed by Angelo Donghia. From & Vice Versa*, NYC 10022; Donghia Inc.*, Los Angeles 90069.

"Cabaret Stripe" cotton and polyester sheets (on bed, window table, and chairs): Queen flat, about $14. Pillowcases, about $12 a pair. Ruffled sham, about $15. Queen comforter, about $90. By Angelo Donghia. From the Utica Fine Arts Collection for J.P. Stevens.

"Perfect Sleeper Avanti Pillow Soft" innerspring mattress: Quilted damask cover. Queen size, $225. By Serta.

White wicker armchair: 24" x 22" x 34" h., c. 1900. $250. **Fainting couch:** 27" x 71" x 26" h., c. 1880. $475. Both with muslin-covered cushions. **Two-tiered table** (right of bed): 26½" sq. x 28" h., c. 1870. $375. All at The Gazebo, NYC 10021.

"Egyptian" plaster table (left of bed): 21" x 30" x 24" h. About $450. By John Dickinson & Associates. From Donghia Inc.*, Los Angeles 90069; & Vice Versa*, NYC 10022.

Pastel on paper: 46¼" x 34½". Untitled. $1,250. **Hand-painted canvas pillows:** 26" sq. and 22" x 18". $150 ea. All by Charlotte Brieff. **Porcelain on wicker table:** Oriental picnic box: 6½" x 6¼" x 5¼" h. $675. Spanish vase (as lamp); 11" x 12" h. without shade. $500. **Porcelain on window table** (left to right): Chinese calligraphy vase: 8¾" d. x 15¼" h. $650 a pr. Columnar vase: 4" d. x 10" h. $750 a pr. Baluster-shaped vase with lid: 7" d. x 11½" h. $650 a pr. Rectangular vase with lid: 7½" d. x 15" h. $1,200. All from Roundtree*, NYC 10021.

Victorian porcelain shell plates: 8¼" d. At J. Garvin Mecking, NYC 10021.

Cap-shade pharmacy lamp: Adjustable height. Chrome finish. $55. At Bloomingdale's, NYC 10022.

Reproduction footed wire planters: 13" x 9" h. $45 ea. At Renny, NYC 10021.

"Castilian Blue" 9-5 interior latex flat finish paint: Regal Wall Satin by Benjamin Moore.

SUMMER ENERGY

Page 77

Miniature vegetable seeds: Catalog from Geo. W. Park Seed Co., Greenwood, S.C. 29647.

Stenciling kits brochure: 50¢ from Adele Bishop, Box 117 HG, Dorset, Vt. 05251. Early American or Japanese designs.

CELEBRATE SUMMER AT HOME

Page 86

Antique wicker: At The Wicker Garden, NYC 10028.

Fabric on chaise: "Cap Ferrat": 27" repeat. About $22.50 a yd. **On chair pads around table:** "Croton: 13½" repeat. About $18 a yd. **Napkins and throw pillows:** "Jaybee": 17" repeat. About $18 a yd. All, 48" wide cotton. From Alan Campbell*, NYC 10022.

Porcelain mushroom basket: 8½" x 5¾" x 3" h. $50. **Strawberry basket:** 5" sq. x 2⅝" h. $15. **Soup bowl:** 7 oz. $7.50. All by The American Apple Pie Co. At Jenny B. Goode, NYC 10028.

"Spatterware" dinnerware: ovenproof 5-pc. place setting, $25. **Salt & pepper shakers:** $10 a pr. All from the Town and Country collection by Stangl Pottery.

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White cedar knock-down table: 30½" sq. x 10½" h. Transparent white finish. $110. "Styx System" copyrighted design by Donald Davidson. At Bailey/Huebner, Southampton 11968; Bailey/Huebner at Henri Bendel, NYC 10019.

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"Sportpak" 1-qt. canteen: By Poloron.

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Center:

Weekend cabin building plans: $15 from PLANS, P.O. Box 2950, Grand Central Station, New York, N.Y. 10017. Available until Sept. 30, 1978.

Plastic stacking tables: Set of 3, $39.50. By Kartell. **Plastic dinnerware:** 6 dinner plates, salad plates, bowls, $43.50. Mug: 12 oz., $1.75. All by Heller. All at Design Research, NYC, 10022.

On bed: "Nickelodeon" Dacron polyester and cotton sheets: Double size, about $12. Pillowcase, about $8.50 a pr. Comforter, about $50. By Martex, West Point Pepperell, NYC 10020.

Bottom right:

High back rattan sofa: 81" x 31" x 42½" h. Manor house brown finish. Loose off-white cushions of Boris Kroll cotton/rayon fabric. About $1,848 COM. By Baker. At Gabberts Furniture & Studio, Dallas 75240; W & J Sloane, NYC 10018.

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Center:

Hand-painted ceramic dinner plate: $45. **Salad plate:** $35. **Butter plate:** $14. **Small vase:** $27. **Ceramic-handled stainless steel flatware:** $13-$21 each. **Hand-painted water goblet:** 3 oz. $30. By Valentino. **Linen napkin:** 16" sq. $3.50. **Lacquered tray:** 18" sq. x 2" h. $150. By Alessandro Studios. All at Bonwit Teller, NYC 10022.

Bottom:

Modular armless chairs and tables: Armless: 22" x 30" x 30" h. Haitian cotton cushions. $469. Table: 30" sq. x 9" h. Inlaid split rattan top. $329. Both with split rattan bases. By Lawrence Peabody for Diversified Design Industries. At W & J Sloane, NYC 10018.

Page 91, lower left

"Sky" cotton: 65" wide. 37" repeat. About $24 a yd. By Intair. Imported by International Printworks. At Black Sheep, San Francisco; Domus, Chicago 60611 and Oak Brook 60521; Fabrications, Boston 02116, NYC 10022, Philadelphia 19103.

SUMMER FINDS

Pages 92-93

1. White cedar knock-down chair: 30" sq. x 26" h. Transparent white finish. $185. "Styx System" copyrighted design by Donald Davidson. At Bailey/Huebner, Southampton 11968; Bailey/Huebner at Henri Bendel, NYC 10019. **2.** Hand-hewn cedar armchair: 23" x 20" x 37½" h. About $300. By Ken Heitz for LCS/Green Metals*, NYC 10022. **3.** Enameled steel barbecue grill: 34" h. $79.95. By Perstorp. At Table Top Shop, Dallas 75225. Mitts and towels: $3-$5. Cotton and polyester. By Rudi Gernreich for Barth and Dreyfuss of California. At Bamberger's, N.J., N.Y., Pa.; Bullock's, Southern Calif. and Ariz.; Carson Pirie Scott, Chicago 60603. **4.** Insulated coolers: "The Little Playmate": Holds 9 cans. $7.88. "The Playmate": Holds 18 cans. $11.88. Two-gallon plastic cooler: 11" x 13½". $9.99. At JCPenney. Galvanized steel cooler: 13" x 21¼". $30.12. All by Igloo. **5.** Redwood dining table: 48" d. x 29" h. $150 unassembled. By John Hancock Furniture. Write Box 209, San Diego, Calif. 92112 for nearest store. **6.** "Mark V" Rock Pot: 5-qt. capacity. Portable. Insulated. $89.50. By Rock Pot International. Write Box 17185, Salt Lake City, Utah 84117 for nearest store. **7.** "Ice Chest Supreme": 75-qt. capacity. $95. Plastic utility container: 1-gallon capacity. $2.30. Both by Poloron. **8.** Redwood dining side chair: 19½ "x 19⅜" x 32¾" h. Climaguard indoor/outdoor vinyl-coated polyester seat fabric. $60. By John Hancock Furniture. Write Box 209, San Diego, Calif. 92112 for nearest store. **9.** Insulated plastic Thermo bottles: Pint, $3. Quart, $3.75. Quart with bail handle. $4.25. Unbreakable. Wide mouth. Rustproof. By Aladdin. **10.** "Lydie" soufflé dish: 7½" d. $13. Oval covered casserole: 2-qt. capacity. $31.50. "Pompadour" lasagne dish: 9" x 13". $29.50. Au gratin dish: 10" long. $10.50. All freezer/oven/microwave safe. By Schmid. "Lydie" cotton: 35" wide. $12 a yd. "Pompadour" cotton: 50" wide. $18 a yd. To match both fabrics: Napkin: 16" sq. $4.50. Placemat: 12½" x 18". $12. By Souleiado. Cookware and fabrics at Pierre Deux, NYC 10011; Boston 02116; Beverly Hills, 90210; San Francisco 94102; Houston 77056. **11.** Plastic lunch box and insulated 1-pint bottle: $10. At Bailey/Huebner at Henri Bendel, NYC 10019. **12.** "Zeta" clamp-on lamp: 39½" extended height. Two-jointed metal arm. By Valenti. $114. At Ambienti Design, NYC 10021. **13.** "Bird of Paradise" air-brushed cotton duck panel: 4' x 8'. About $400. From Hot Air Designs, Venice, Calif. 90291. **14.** Plastic spin-salad drier: $17. By Zyliss. Imported by Hoan. At Bloomingdale's, NYC 10022; Burdines, Miami 33101; Kitchen Bazaar, Washington, D.C., 20008; Perfect Pan, San Diego. **15.** Folding food slicer: 14⅜" x 10½" x 8½" h. Removable 7" stainless steel cutting blade. $63.98. By General Electric. **16.** Juice extractor: About $75. By Krups. At Bloomingdale's, NYC 10022; Jacobson's; Macy's, San Francisco 94108. **17.** "Kera-Grill" nonstick grill: 12" d. x 4½" h. Alcohol burner base. About $34. By Reston Lloyd. At The PanHandlers, Dallas 75230; The Queen's Museum, Essex, Conn. 06426. **18.** "L'Escargot" lamp: 10" x 4" x 11" h. Imported satin opal case glass globe. Swedish brass or polished chrome finish. $86. From the "Environment for the Home" collection by Pierre Cardin for Laurel Lamp. At Altman's, NYC 10016; Carson Pirie Scott Chicago 60603. **19.** "Vademecum" rolling metal table: 13¾" sq 27" h., $84. 50½" h., $138. By Robots. At Ambienti Design. NYC 10021. **20.** Collapsible plastic carrier: 5-gallon capacity. $3.30. Canteen-flask: 1-quart capacity. Screw cap with retainer chain. Metal belt clip. $1.25. Both by Poloron. **21.** "Jiffy" collapsible plastic basket: 15" x 10" x

Continued on page 150



This O'Keefe & Merritt gas range has a revolutionary oven that bakes and broils with forced hot air. It starts to cook foods immediately—you don't even have to preheat.



In a test against two leading conventional gas ranges, the Convectionaire cooked much faster. For instance, hamburgers, meat loaf, chicken, cooked in a third less time—brown on the outside with flavor and juices locked in. Potatoes and biscuits baked twice as fast as in a regular gas range.

The Convectionaire range uses about half as much gas as a standard pilot type—thanks to the high-speed oven/broiler and automatic pilotless ignition. You also get a pyrolytic self-cleaning oven, automatic oven controls, waist-high broiling. In 5 colors, including new Almond.

If it's time to replace your old gas range, see the Convectionaire at your O'Keefe & Merritt dealer. It's a product of gas industry research and one more way to use gas wisely.



AGA American Gas Association

O'Keefe&Merritt

a TAPPAN DIVISION-Serving the heart of the home
250 Wayne Street • Mansfield, Ohio 44902 • 419 524-1111

Shopping information
continued from page 148

9" h. $10.50 ppd. at Manhattan Ad Hoc Housewares, 842 Lexington Ave, New York, NY 10021. **22.** "Candy Stripe" linen and cotton umbrella: About 4' d. $100. Matching fabric: 60" wide, $9 a yd. At Lord & Taylor. Pillows: Kodel and cotton coverings. Kapok and cotton filled. 14" sq. $6. 16" sq. w/flange. $6. 28" sq. $30. Bolster, $5. "Collection One" by Pauline Trigere for Sumergrade. Write Sumergrade, 261 Fifth Ave, New York, NY 10016 for nearest store. **23.** "Butterflies" cotton: 52" wide. 42" repeat. By Big/Art Designs. From Allumé Handprints*, NYC 10022; to order at Fabrications, NYC 10022; or by mail from Big/Art Designs, 55 Greene St., New York, NY 10013.

NEW WAY OF LIGHT
Page 102, top
Striped cotton napkins: 20" sq. $3 ea. **Ceramic bowl:** 6" d. $3.50. **Ceramic mug:** $2. Both by Denby. **Glass lab jar:** 6" d. x 8" h. $7. All at Bailey/Huebner, Southampton 11968.
Page 103, bottom right
Large ceramic mug: $5. By Denby. **Crock:** 8" h. $12. Both at Bailey/Huebner, Southampton 11968.

ART BY THE YARD
Pages 110-111
Hand-painted silks: By Roese Studio. From J. Robert Scott*, Los Angeles 90069; Craig Fabrics*, NYC 10022.

COOKING OVER COALS
Page 123
Lower left: Cast iron hibachi: $39.95. At Hammacher Schlemmer, NYC 10022. Tinned wire potato grills: $6 a pr. At Williams-Sonoma, San Francisco 94102, Beverly Hills 90210, Dallas 75240. **Lower right:** Portable cast aluminum grill: Cast iron grids. Hardwood cutting boards. $119.50. By Char-Broil. At Hammacher Schlemmer. Escoffier sauce: 4 6-oz. bottles. $5. At Williams-Sonoma. Acrylic herb or spice mill: $5.50 ea. By Cole & Mason. **Center:** Stainless steel carving fork: $17.45. Stainless steel turner: $3.75. Basting brush: $5.60. Aluminum shaker: $1.65. All at The Professional Kitchen, NYC 10003. **Right:** Cast aluminum gas barbecue, cart, mounted tank: Stainless steel grids. $386. By Charmglow. Asbestos mitt: $4.95 a pr. At The Professional Kitchen. Stainless steel knife and fork (turner not shown): 3-pc. set, $50. By Rowoco. At Battelstein's, Houston 77002. Stainless steel baster: Injector needle. $5.50. At Williams-Sonoma.

BRIDE BAKES THE CAKE
Page 125
Tablecoverings: Kerchief top: "China Garden" cotton and polyester sheets. By Angelo Donghia. Underskirt: Pink polyester and cotton sheets. Both, twin flat, about $8. From the Utica Fine Arts collection for J.P. Stevens.

BUILDING FACTS

Materials, equipment in house page 104

ARCHITECT: John Lautner; architect's superintendent, Daniel McMann
INTERIAL DESIGNER: Gilbert Smith, Carlyle Interiors
LANDSCAPE ARCHITECT: Fred Lang, Lang & Wood
SIZE OF HOUSE: 3,665 square feet, including garage
SIZE OF LOT: 90 by 100 feet

STRUCTURE
Foundation: Poured concrete slabs on concrete foundation walls and footings.
Framing: Steel, concrete, and wood framing of walls, floors, and roofs. Concrete piers and beams support living-dining-kitchen wing. Concrete beams connect main house and studio wing.

EXTERIOR OF HOUSE
Exterior walls: Poured concrete: stucco and vertical Philippine mahogany on wood frame walls.
Exterior finish: Oil preservative on wood walls by Watco-Dennis Corp., umber enamel on steel posts by Benjamin Moore.
Roofs: Cast panels of concrete and vermiculite mixture, Zonolite by W. R. Grace.
Windows: Custom-made fixed glass panels, and casement sash. Skylight in guest bathroom.
Doors: Arcadia aluminum frame, bronze finish sliding doors by Northrop Architectural Systems. Front door, Philippine mahogany.
Garage doors: Philippine mahogany sheathing.

INTERIOR OF HOUSE
Interior walls and ceilings: Philippine mahogany; in master and guest bathroom, 12 inch-square marble tiles on tub walls.
Interior finish: Oil preservative on wood walls by Watco-Dennis Corp., umber enamel on steel posts by Benjamin Moore.
Floors: In major rooms, terrazzo; in master

Continued on page 152



AJAX® TURNS YOUR SPONGE INTO A SCRUB BRUSH...



...POWERS OUT THE TOUGHEST GREASY FOOD STAINS FASTER THAN COMET.

The Ajax Cleanser formula has 3 special bleaching and grease-cutting ingredients and powers out the toughest greasy food stains fast.

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AMANA-SPECIAL PROJECT: 2 PLUS 2½.

Build an Energy Saving Refrigerator today– that customers can afford to operate tomorrow

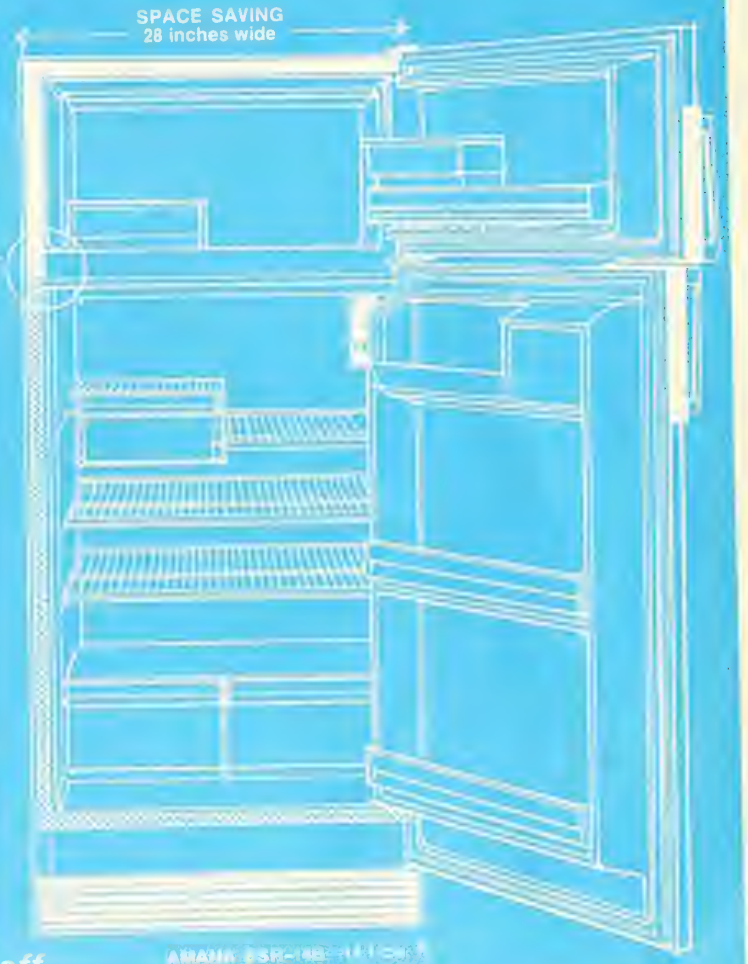
How Amana Established Leadership in Energy Saving Refrigerators!
It was a project that began from the ground up. Revamping of existing models wasn't good enough for Amana. The result: a line of Energy Saving Refrigerators you can buy today– and afford to operate tomorrow. Energy Saving Refrigerators that have already met the rigorous 1979 California state efficiency standards. **The Amana 2 PLUS 2½!**

2 PLUS 2½ Energy Saving Factors:

Use 2½ inches of foam wall insulation around freezer section to seal out the heat. (Typical refrigerators have [illegible].)

Use 2" of foam wall insulation around refrigerator section – about ¼" more than conventional foam insulated refrigerators.





INCORPORATE THESE PROVEN ENERGY SAVERS:

1. Seamless, one-piece Insuliner™ to further reduce heat leakage.
2. Combination of superior foam and fiberglass door insulation.
3. Magna-Seal door gaskets to seal heat out and cold in.

PLUS FEATURE: Amana 3-Position Energy Saver Control

An auxiliary heater [illegible] and [illegible] by the Energy Saver Control minimizes condensation between the freezer and refrigerator sections during periods of high humidity. Under most conditions, you would set the Energy Saver Control on "lo" position – which shuts the heater completely off to provide maximum savings. The "hi" setting is for high humidity, and uses less electricity than "ex. hi." which is for extremely hot, steamy conditions.



AMANA [illegible]

WHY "2 PLUS 2½" insulation pays off.

NOTE: [illegible] the 0°F freezer section. [illegible] of foam wall insulation reduces the heat leakage of 80°F room temperature into the freezer section to [illegible] gives the compressor less heat to remove to maintain 0°F freezer temperature.

The refrigerator [illegible] so less insulation is required. Refrigerator sections [illegible] tion – about ¼" more than typical models – [illegible] savings.

How much money will an Amana 2 PLUS 2½ save?
For example, the Amana [illegible] month with Energy Saver Control set on "lo." Other refrigerators of similar size and type use from 80 to 116 KWH per month. That represents a savings of 29 to 58 KWH per month.
In New York City, where millions of people pay [illegible] high electric rates of 10.3¢ per KWH, the Amana [illegible] from $36 to $72 per year – that's $360 to $1,080 over the average useful life of a refrigerator. It could pay for the extra purchase price of the refrigerator. Ask your Amana [illegible] if you see.

PROVEN FEATURES. [illegible] Amana 2 PLUS 2½ as [illegible] family [illegible] needs.

Model [illegible] features:
- [illegible] and [illegible] and shelves
- Glide-out shelves
- Ice Tunnel
- Convertible [illegible] doors

Some [illegible] have the [illegible] Amana "refrigerator within a refrigerator" that keeps [illegible] meat [illegible] and [illegible] temperature.

[illegible] Adjustable Refrigerator Shelves which require [illegible] and [illegible] cu. ft. capacities [illegible] Frost-Free Operation [illegible] and [illegible] cu. ft. capacities [illegible] evaporator [illegible] Avocado, Copper-tone, Almond and White. [illegible] Amana [illegible] Dept. 365, Amana, Iowa 52203.

AMANA 2 PLUS 2½ – Engineered to save energy. Because saving energy saves money!

Amana

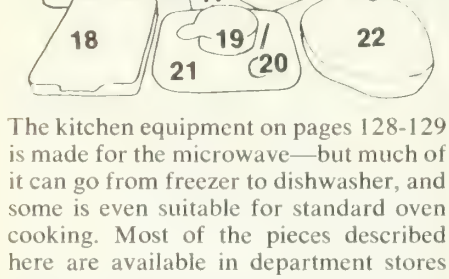
[illegible] A Raytheon Company

Building facts
continued from page 150

bedroom, wall-to-wall carpet.
Lighting fixtures: Recessed cylindrical ceiling wall washer fixtures with dimmer controls.
Hardware: Bronze finish, General Lock Mfg. Co.
Fireplace: Terrazzo hearth with gas jet and custom-made brass hood.
Kitchen and bathroom cabinets: Custom-made birch cabinets, stained.
Kitchen countertops: African granite, "Uba Dubba."
Bathroom countertops: Marble.
Plumbing fixtures: Lavatories, tub, toilets by Kohler Co. In master bathroom, custom-made terrazzo sunken tub. In kitchen, stainless steel sink by Elkay Mfg. Co.

EQUIPMENT AND APPLIANCES
Appliances: Oven and under-counter "Thermatronic" micro oven and food waste disposer by Thermador-Waste King Div., Norris Industries; cooktop and ventilating fan by Jenn-Air Corp.; refrigerator-freezer by Gibson Appliance Corp.; Hotpoint dishwasher by General Electric Co.; stacked laundry washer-dryer by Westinghouse Electric Corp.
Water heater: 75-gallon tank by A. O. Smith Corp.
Heating system: Radiant hot-water heating system with copper tubes in floors. Gas fired boiler by Ajax Co. 4 thermostats for zoned heat control by Honeywell.

New on microwaves
continued from page 129



The kitchen equipment on pages 128-129 is made for the microwave—but much of it can go from freezer to dishwasher, and some is even suitable for standard oven cooking. Most of the pieces described here are available in department stores and at major appliance dealers. For exact shopping information and advice on use, write to the manufacturer. For update on microwave technology, see page 12.

1. Touch control microwave oven that lets you set time and temperature in 4 cooking cycles, including defrost. Comes with sealed-in glass ceramic shelf. 1.14-cubic-foot capacity. Whirlpool. $599.*
2. 4-quart casserole, one of a 7-piece cooking set (see 4). Micro-Ette by Republic Molding. $4.98. Lid, $3.98.
3. Roasting rack 11¼ inches long. Microware by Anchor Hocking. $4.95.
4. Plastic grill, part of 7-piece set that includes Food Cooker, Liquid Cooker, Muffin Baker, Cake Baker, Baking Server, and Casserole (see 2). Set comes in Almond, except for lid, sold separately in brown. Micro-Ette by Republic Molding. Grill $3.98; whole set $29.95.
5. Fluted pan of durable glazed ceramic, in white only. From the Serena line by Chartwell. $11.95.
6. Dishwasher-safe soufflé in bake-and-serve stoneware. Hearth by Pfaltzgraff. $4.50.
7. "Duo-Dish" that cooks two vegetables without defrosting. Each compartment holds 15 ounces. Masonware. $17.95.
8. Saucepan with molded handle and see-through cover (not shown), remains cool to touch in oven. Available in white or two patterns. Tara Products, $14.49.
9. Oven tray 12 inches square, 1¼ deep. $12.95. Hamburger-makers. Set of 4, $9.95. Roasting rack 12 inches long. $6.95. All by M.C.E.
10. 2½-quart casserole, one of 5 pieces in a stoneware set that includes a 2-quart casserole with top and a 3½-quart casserole. Naturelles by Rival. This casserole, $12.95; whole set $32.95.
11. 4-piece set: casserole with cover (lid not shown), egg/muffin maker, and grid for roasts. Top-rack dishwasher-safe. Micro-I by Leisure Technology. $24.95.
12. Deep Loaf/Pâté Dish for microwave and conventional cooking. Heller. $5.95.
13. 10-inch grill that raises food above drippings, suitable for roasting or steaming. Includes clear glass cover. Corning. $14.50.
14. Dark brown tube pan, dishwasher-safe. Aprica. $6.95.
15. Glazed clay soufflé in Amandine pattern. Amnion. $10.
16. Pyrex custard cup from the Fireside Collection by Corning. Set of 4, $2.89.
17. Custard cup good for poaching and baking. "Micro Chef" by Bangor Plastics. Set of 6, $7.95.
18. Ceramic grill that cooks meat at an angle, draining fat off food. 13 inches long, in white only. From the Serena line by Chartwell. $19.95.
19. "Grab-it" bowl. Comes in set of 2, $7.99 the set. Corning.
20. Microwave thermometer made of stainless steel with clear polysulfone over dial. Aprica. $11.95.
21. Grill with sloping surface that lets fat drip into well away from food. Corning. $19.95.
22. Stoneware rack that holds a 10-pound roast. Masonware. $21.95.

*ALL PRICES APPROXIMATE

Transplants for plants
continued from page 60

one with a high middle number such as 10-15-10 for those in flower, and 99 percent of your fertilizing problems will vanish.

Good for potting—oven-baked soil

Sterilized potting soil is a key to healthy house plants. Normally, however, the sterilizing is a process I'd recommend leaving to others. Presterilized potting soil is inexpensive enough to make hor sterilization a poor competitor. It's po sible to bake soil in the oven—set t temperature to 180° and bake for o hour—but the project leaves your kitc en with a rather lingering earthy arom And the more basic problem arises ov the accuracy of the temperature and t duration of baking. Commercial oper tions use a quick-steam sterilizati process. Home-oven sterilization, b cause it takes longer, often kills many the good soil qualities along with t harmful pathogens.

Home-oven baked coffee grounds a something else again. The grounds ac organic matter and are in general health for your potted plants as long as they a sterilized before being mixed with t soil. Place a thin layer of coffee groun on a cookie sheet and heat at 200° f about half-an-hour or until they are bor dry, in fact almost burnt. You can use much as ¼ part grounds in your pottin soil mixes; don't exceed that proportio however, except for very acid-lovin plants, or you'll unbalance the pH. ■

Owning a house
continued from page 146

one else's tomorrow. Houses, unlik apartments, contain connotations of pe manence even if you plan to move ou eventually, and in the same sense tha you own the house and the trees aroun it, you own the dirt as well. For the firs time and with a certain alarm, I bega to understand the meaning of the wor "upkeep."

I also began to look at dirt in an en tirely new way, with an insidious para noia. It was not just that I began t notice dirt, but I began to look for i Seek and ye shall find, as they say. searched the rooms of the house like detective looking for perpetrators. M eye fell upon such hitherto unrecognize offenders as moldings, window frames heating ducts, etc., all of which had a apparently limitless potential for collect ing and generating dirt.

If someone had remarked to me in th old days that moldings collect dirt, m response would have been a polite, "Oh really?" I was oblivious to such matters because my cleaning woman appeare like the good fairy every two weeks worked her magic spell, and poof, th dirt was gone. In retrospect I think she redistributed the dirt as much as she eliminated it, but at that time it mat tered less to me that the cleaning wa done well than that it was done at all Symbolically at least, the apartment wa clean.

But now the chickens had come home to roost and the dirt to settle. Now could no longer ignore everything that in an apartment you could blithely leave behind, like the floors, the walls, the windows, the kitchen sink. All these things and the proliferating dirt on them or in them were incontrovertibly mine. If

Continued on page 179

CATALOGUE CHECKPOINT

SHOPPING AROUND'S *special mail-order service for you. We've gathered the latest catalogues with merchandise to suit your every need. Order directly from House & Garden. Just fill out and return the order coupon below, circling the number of each catalogue you want. Enclose 50¢ for postage and handling, plus any additional charge as indicated on catalogue number. Do not send stamps. Coins, check or money order may be used.*

1. PERSONALIZATION is the feature in a 20-page catalogue of beautiful acrylic accessories that includes clipboards, canisters, candlesticks, picture frames and bud vases. Most have monogram or name. Acrylic Gallery. Free.

2. LIVE A FULLER AND RICHER LIFE with all the latest news from top research authorities on nutrition, diet, exercise, health. A yearly subscription will show you how laboratory information can be translated to make changes in your life. The Body Forum. $10.

3. ALL KINDS OF POSTAL LABELS in many designs plus lots of ideas for gifts and the house. 96 page catalogue abounds with personalized items, household aids, helpful gadgets. Something for everyone from Bruce Bolind. 50¢.

4. THE BEAUTY OF FINE LEATHER distinguishes selection of upholstered sofas and chairs in catalogue of traditional furniture reproductions by expert craftsmen. Choice of 50 colors in top grain premium leather. Carolina Leather House, Inc. $1.

5. QUILTING ON YOUR FABRIC OR THEIRS and all manner of special multi-needle quilting for bedspreads, valances, draperies, bolsters and pillows of many styles. Color catalogue includes measuring instructions. Carolina Studios. $1.

6. A NEW ENGLAND TRADITION. Old fashioned charm, old-fashioned quality in curtains with ruffles, fringe, lace trim. Solids and tiny prints. Tiebacks, tiers. Also quilts, bedspreads, round table covers in catalogue. Country Curtains. Free.

7. CLOCK AND FURNITURE BUILDING KITS are the projects outlined in a brochure of handsome, money-saving projects to make in cherry, black walnut or oak. Clocks, tables, desks plus hardware. Color brochure. Emperor Clock Co. $1.

8. HAND EMBROIDERED CREWEL FABRICS for home decorating are illustrated in color catalogue. Also shown are bedspreads, table cloths, pillow covers, tote bags. The fabrics, made in India, are 50" wide, worked in wool yarns on white hand-loomed cotton. Gurian's. 50¢.

9. COLLECTIONS EXTRAORDINAIRE for delightful year 'round shopping by mail or toll free telephone. Best, newest gift items, home accessories, fashions (many exclusives) in 10 full color issues of The Horchow Collection catalogue plus 8 issues of newcomer—Trifles—and supplements for men's, women's fashions. Free.

10. DISTINCTIVE FURNITURE for gracious living attractively presented in 144 page catalogue. Extensive variety in reproductions of 18th century Sheraton, Queen Anne, Hepplewhite, Chippendale styles. Tables, sofas, highboys, lamps, cabinets, desks. Ephraim Marsh Co. $1.

11. BUILD A GRANDFATHER CLOCK. Colonial style clocks in kit form. Fine woods with choice of imported movements, chimes, dial faces; also mantel and wall clocks, books, assembly tools in catalogue from Mason & Sullivan. 50¢.

12. OLD MANOR HOUSE CURTAINS for pretty window fashions like those of early American homes. Catalogue filled with country charm has over 50 swatches to bring colors and materials right into the rooms you are decorating. Mather's. $1.

HOME REPAIRS—hundreds of ideas, illustrations and instructions. National Plan Service, Inc.

13. Basic Home Carpentry. $1.25.
14. Electrical Wiring Basics. $1.25.
15. Handyman Tips. $1.25.
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17. Painting & Wallpapering. $1.25.
18. Plumbing Repairs. $1.25.
19. Repairing & Refinishing Furniture. $1.25.
20. Order all 7 books (save $2). $6.75.

21. ENTHUSIASTIC NEEDLEPOINTERS discover the imaginative handpainted needlepoint canvases that are exclusively Papillon's. A brand new full color catalogue (cost refundable with first purchase) includes Chinese wall hangings, petit point bags, Christmas stockings. Papillon. $3.

22. PET LOVERS' NEWS. Bi-monthly journal of interest to all those who treasure cats, dogs, birds, fish and other pets. There are articles on training, feeding, psychology, laws, health and pet careers. Pet News Magazine, Inc. $1 per issue.

23. SUIT YOUR FANCY with anything and everything. Catalogue features housewares, apartment ideas, bathroom/beauty items, things for your table, for entertaining. Plus travel and sports equipment, totes, games. From The Source For Everything, Inc. 25¢.

24. GARDENING SYSTEM FOR CONDENSED SPACES is new growing method that fully utilizes a limited area. Brochure describes products to help you grow and harvest more vegetables when short on space. Includes Tomato frame, arbor, Sun House. Square Foot Gardening. 25¢.

25. CEDAR FURNITURE is right "at home" indoors or out. Natural finish ages to beautiful, weathered silver-gray for long service, little upkeep. Catalogue shows large selection of skillfully crafted benches, chairs, tables. Walpole Woodworkers. $1.

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June 1978

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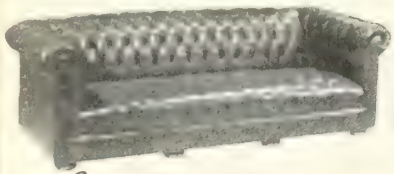
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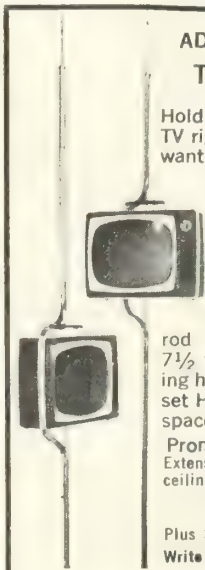
No-iron old-fashioned Calico in choice of red, gold, blue, white, brown or green background. 70" wide per pair with 2½" pre-shirred ruffle. 24" L $6, 30" $7, 36" $8, 45" $9, 54" $10, 63" $11, 72" $12. Valance $3, Tiebacks $1. Twin spread $28, Full $30. Twin Canopy $22, Full $24. Sham $8, 44" fabric $2.50 yd. Add $1.75 post. & handl. Md. res. add 5% tax. No COD's please.

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‹ for any curved area, has eight hooks that sw ite baked enamel. Moun lus $2 post.; three $36 p w Rd., Fair Lawn, NJ 0741

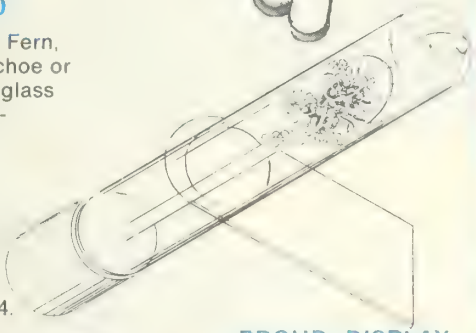


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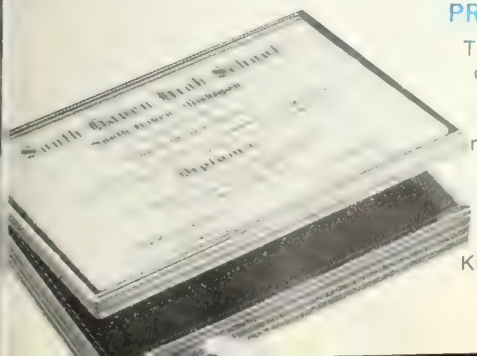
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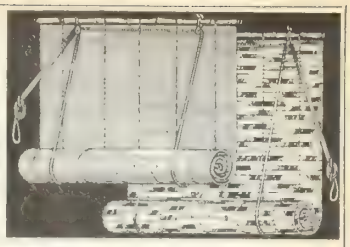
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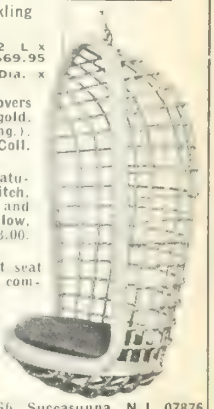
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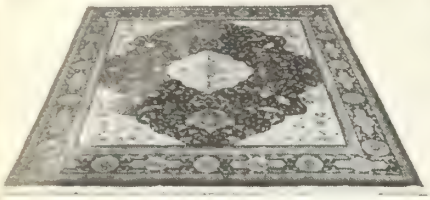
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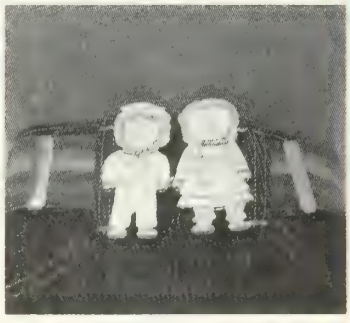
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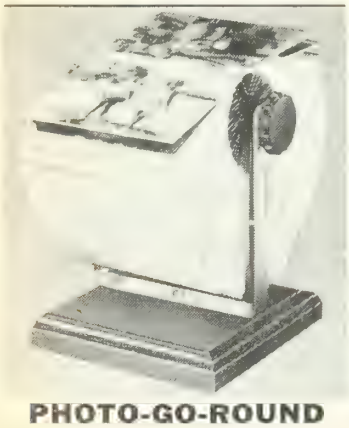


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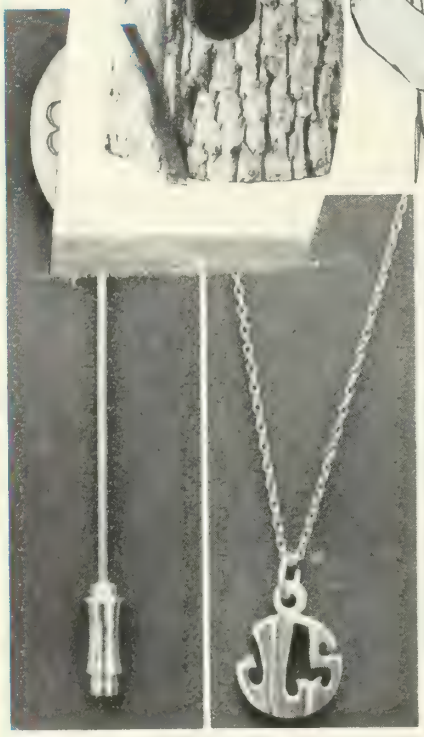
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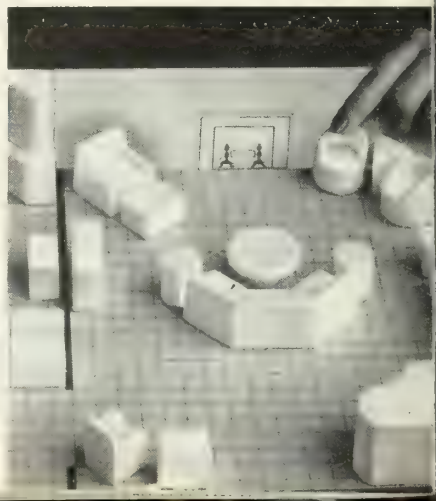


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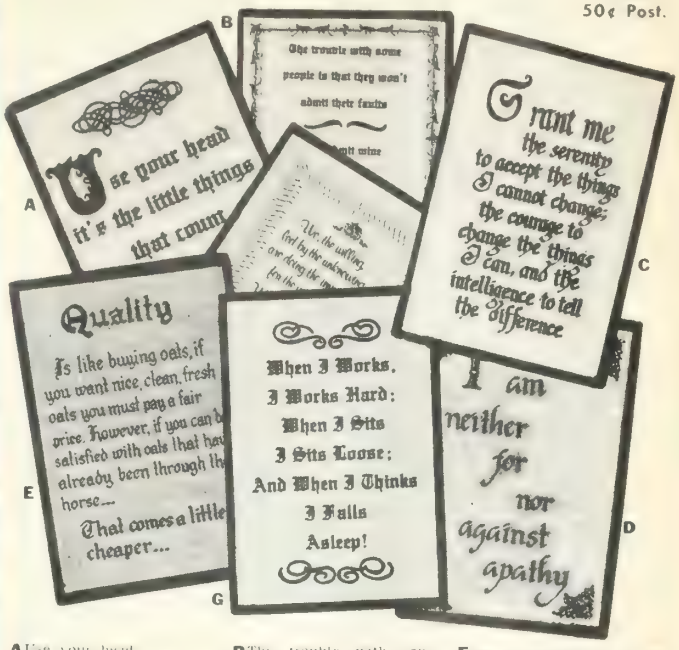
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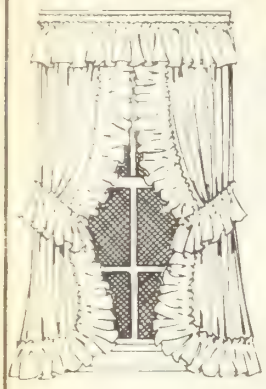


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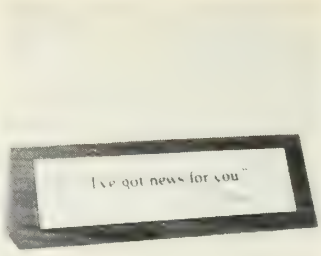
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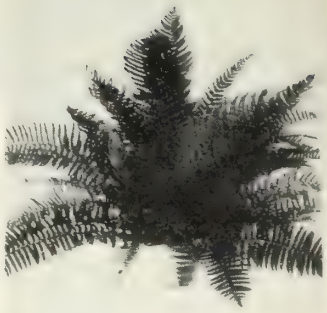
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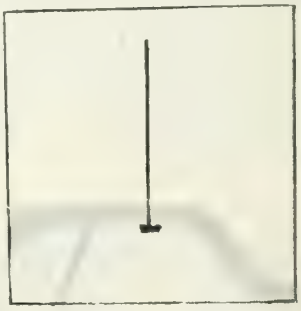
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BURNS AWAY MORE FAT EACH 24 HOURS THAN IF YOU RAN 14 MILES A DAY!

Incredible "Crash-Loss" Breakthrough reported in Leading American Magazines! Works so fast you can actually measure the difference in your waistline in just 24 to 48 hours. Yes, LOSE up to 6 POUNDS the first 48 HOURS — LOSE up to 12 POUNDS the first 7 days — LOSE up to 4, 5, even 7 POUNDS MORE the next 7 days — and continue to burn away as much as 7 to 9 pounds more fat every 2 weeks thereafter, (if you still need it) . . . until you've finally lost 50 — 70 — 100 pounds OR MORE . . **without fasting, without constant willpower, without constant pangs of hunger or a single moment of body-racking exercise!**

Recommended by the U.S. Government's very own doctors to members of Congress who want to lose weight fast . . . Hailed as the weight-loss "breakthrough of the century" by leading medical journals . here at last is the most effective NO-DRUG program for FAST — INSTANT — PERMANENT LIFETIME WEIGHT-LOSS ever made available to the public without a prescription!

WORKS SO FAST THE FIRST WEEK ALONE YOU LOSE AS MUCH AS 1½ TO 2 POUNDS OF BOTH FLUID AND FAT EVERY 24 HOURS!

Direct from the pages of medical journals and leading American magazines come reports of an incredible "fat burning" breakthrough by medical researchers at one of Boston's foremost medical schools! Reports of a new "crash-loss" program (featuring a remarkable natural substance) that safely yet surely steps up FAT-BURNING METABOLISM . . . forces your system to ATTACK bulging pockets of fat . . . and starts to shrink and burn that fat in just a matter of hours!

Yes, from one of New England's leading medical centers comes the new SUPER FAT-BURNER way to turn up your "inner furnace" . . . unlock those clinging pockets of fat . . . break them down SO FAST . . . you burn off excess bulge at the unbelievable rate of up to **6 POUNDS of both fluid and fat GONE the very first weekend alone!**

Think of it! You actually burn away more fat each 24 hours than if you ran 12 to 14 miles a day! Lose more inches each week than if you did 300 sit-ups each morning and 300 push-ups each night! Actually LOSE as much as A FULL SIZE THE FIRST 7 DAYS **and from 3 to 5 inches off your waistline the very first month!**

That's right! Weight-loss results and inches-off wonders that absolutely stagger the imagination Just look

U.S. ARMY OFFICERS LOSE WEIGHT 3 TIMES FASTER THAN EVER BEFORE!

Case History #1: When medical researchers in Boston, New York, Philadelphia and Los Angeles first tested this new hi-amino concept on a scientific weight-loss program . . . they reported astonishing results of as much as 12 POUNDS LOST IN JUST THE FIRST 7 DAYS! — 16 to 18 pounds gone by the end of week number two — and most mind-boggling of all — U.S. Army Officers actually losing weight 3 times faster than ever before! As much as 50 POUNDS GONE, like that!

WAISTLINES SHRINK UP TO 3 INCHES IN 7 DAYS — A FULL 5 INCHES SMALLER IN A SINGLE MONTH!

Case History #2: When first rumors of this medical breakthrough leaked out to professional actors, actresses and celebrities . . . they immediately rushed to the offices of America's leading weight-loss specialists to get their hands on this "magic compound"; and no wonder! Because the first week alone they carved away as much as 2 pounds a day . . . 13 pounds a week . . . were forced to take in their belts 3 notches smaller in just 10 days!

DOCTORS REPORT: AVERAGE LOSS — 57 POUNDS!

Case History #3: But most significant of all . . . when universities, hospitals and medical schools, (such as New York's Leading Medical School and Cleveland's largest hospital) tested this newly discovered "crash-loss" program on patients who all their lives had been hopelessly overweight . . . they reported astonishing losses of as much as 2 pounds a day at the start . . . 20 to 30 pounds a month . . . as much as 70 pounds lost over a single summer season! — by simply stepping up their fat-burning metabolism and **burning, melting, oxidizing** 50, 70, 100 pounds of hard-set **fat** . . . FASTER, SURER than they had ever dreamed possible!

WORKS LIKE "POWDERED HEAT" — MAKES YOUR INNER FURNACE BREAK DOWN BODY FAT!

What is this wondrous new development that helps safely stimulate fat-burning metabolism and shrink your body's fat cells the moment it starts working in your system? It is a totally new concept in the war against fat. An ANTI-FAT WEAPON unlike anything you've ever seen, or tried in your life. A FAT-BURNING aid that helps you convert body fat to body fuel AUTOMATICALLY . . . and EVAPORATE excess pounds and inches starting the very first day!

Think of it! A medically proven formula that is such an effective reducing aid . . . that when combined with the food you eat on this "crash-loss" program . . . **burns off as much fat each 24 hours as if you jogged up to 14 miles a day . . . or played 3 hours of tennis in the most brutal heat!**

The name of this wondrous amino formula is "THERA-SLIM-100" and here is precisely how you use it to win the body and figure of your dreams as you:

LOSE UP TO 4 TO 6 INCHES OFF YOUR WAISTLINE
LOSE UP TO 2 TO 5 INCHES OFF YOUR HIPS
LOSE UP TO 3 INCHES OFF YOUR THIGHS
LOSE UP TO 4 INCHES OFF YOUR BUTTOCKS
LOSE UP TO 4 INCHES OFF YOUR STOMACH

and as we've said before, starting not in weeks, but in mere days.

HELPS YOUR BODY CONVERT STORED UP FAT TO BURNED UP ENERGY! At this very moment — having read this far — you are but one short step away from LIFETIME IMMUNITY TO FAT! Now comes your FINAL GIANT STEP into a whole new world of LIFETIME SLIMNESS

Of course, there is one thing you must keep in mind. With the "THERA-SLIM-100" way to LIFETIME SLIMNESS you cannot gorge yourself on all sorts of fattening foods, candies and desserts. Not that you'd ever want to, because with "THERA-SLIM-100" — due to your new, stepped up metabolism — besides enormous weight-loss you also experience a loss of hunger. Which makes it one of the easiest ways to lose weight fast. Now here's how simple it is:

STEP #1 — YOU EAT

In addition to the wide and tasty selection of food you enjoy morning and night, (all scientifically programmed to help maintain a high-level of FAT BURN-OFF) . . .

STEP #2 — YOU TAKE "THERA-SLIM-100" hi-amino compound.

Once a day, you take "THERA-SLIM-100" in a glass of water, (just like refreshing fruit juice). This hi-amino intake helps keep the fat-burning chain-reaction going ALL 24 HOURS OF THE DAY — NON STOP!

STEP #3 — YOU HAVE AUTOMATICALLY STEPPED UP YOUR FAT-BURNING METABOLISM — SO YOU AUTOMATICALLY BURN OFF EXCESS WEIGHT!

In virtually no time at all, you make your inner furnace accelerate fat burn-off. Safely, gently, yet surely you cause a gradual change in your fat-burning metabolism as you "rev-up" that inner furnace.

The result: Your body begins to eliminate stored-up fat and fluid at a rate so incredibly fast, the very first weekend alone YOU DRAIN AWAY AS MUCH AS 5 OR 6 POUNDS!

In short, with the "THERA-SLIM-100" weight-loss program, you force your body to automatically convert body fat to body fuel . . . automatically shrink fatty cells . . . drain off excess flab . . . flush it right out of your system ONCE AND FOR ALL!

Never before has medical science offered you a surer, faster, more effective weight-loss method, (short of total fasting) than this super fat-burning breakthrough developed at one of Boston's Leading Medical Schools.

THE FACTS ARE IN! THE RESEARCH IS DONE! THE INCREDIBLE WEIGHT-SLASHING RESULTS HAVE BEEN PROVEN BEYOND A SHADOW OF A DOUBT BY MEDICAL SCHOOLS — HOSPITALS — DOCTORS — AND SCORES AND SCORES OF OVERWEIGHT PATIENTS! NOW THE FINAL STEP IS UP TO YOU!

REMEMBER: You must see dramatic results in just 24 hours — results you can measure with your scale and your tape measure . . . you must lose:

up to 6 lbs. the first 48 hours
up to 12 lbs. the first 7 days
up to 7 lbs. more the next 7 days

or it costs you nothing! Simply return within 10 days for full refund (except postage and handling, of course). Act now!

1978 American Consumer, Inc , Caroline Rd Phila , PA 19176

IF YOU READ NOTHING ELSE — READ THIS!

What you see on this page is the announcement of the latest breakthrough by medical science in the war against fat. Developed at one of Boston's leading medical schools, the incredible weight-loss results this new "crash-burn" program delivers are so astonishing **(average loss 57 lbs)** it has been featured in every leading medical journal . . . given headline coverage in the medical-news columns of many major newspapers. Aside from — ABSOLUTE STARVATION — there is no surer, faster, more effective way to slash away pounds and inches than with this **Boston Medical School discovery.**

However, before starting we advise you to consult with your physician to be sure you are in normal health and your only problem is excess weight. Individuals with gout, heart disease, diabetes or pregnant women should not use it at all. As a matter of fact, we insist that you show this entire program to your family physician . . . have him check you regularly to make sure you're not losing too much, too fast . . . and advise when you've lost enough. See if he doesn't agree that the **"THERA-SLIM-100"** road to Lifetime Slimness, including the recommended progressive daily toneup, isn't by far **the most effective approach to the conquest of excess weight ever developed by medical science.**

MAIL NO-RISK COUPON TODAY

PENN BIO, PHARMACALS, Dept. JPDE-148
Caroline Road, Philadelphia, PA 19176

Yes, I want to burn away excess weight fast and permanently with this doctor's "crash-loss" program featuring amazing new high-amino compound "THERA-SLIM-100".

Please rush me the offer I have checked below. If not delighted, I may return it in 10 days for refund (except postage & handling, of course).

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☐ (#009) Full 10-Day Supply . . . only $7.95 plus 50¢ postage & handling.
☐ (#017) Full 15-Day Supply . . . only $10.95 plus 75¢ postage & handling.
☐ (#025) Full 20-Day Supply . . . only $12.95 plus $1 postage & handling
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COUNTRY CURTAINS
Ball Fringe on Permanent Press

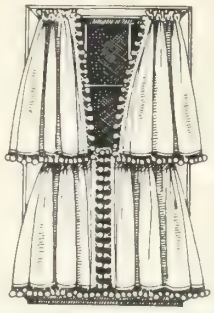


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10" x 80" . . . . . 3.50 ea.

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COUNTRY CURTAINS
AT THE RED LION INN
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Butcher Block



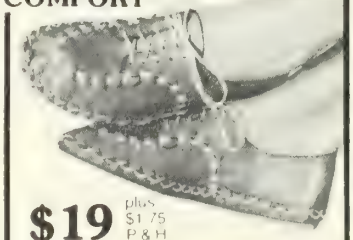
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Laced shoe fit with moccasin comfort. Done just for us in handstitched Genuine Cowhide Leather. Has a built-in arch and cushion crepe sole and heel. NATURAL, WHITE, BLACK. Full & half sizes: 6-9½ N, M, & W.

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Send $1 for our latest Fashion Catalogue (refundable with first purchase)

The Classic
$39.95 EA.



NOTE WATERFALL * FRONT EDGE

You have seen this classic chair before. It looks expensive doesn't it? This classic Bruer chair comes in natural or walnut finish. The base is chrome with a hand woven cane seat and non-scuff glides. The side chair is 39.95 shipped 4 to a carton and the arm chair (not pictured) shipped 2 to a carton 49.95 EA. Naturally your satisfaction guaranteed. To expedite your order phone us or send check or money order or charge MC/BA. Please include your expiration date.

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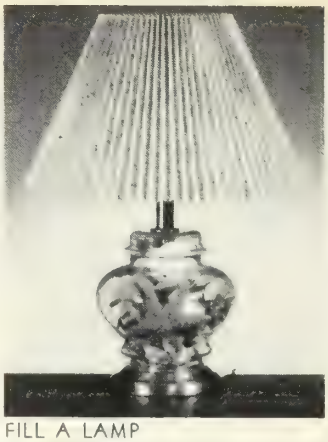


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Get added years of use from your rotary shaver. Fast, safe and easy to use—just slip over shaving head and switch on. In seconds you can sharpen your Norelco® shaver . . . and keep it sharp! Makes worn heads give smoother, comfortable shaves. No more costly replacement blades to buy! Fits all rotary shavers. $3.99 plus 50¢ hdlg.

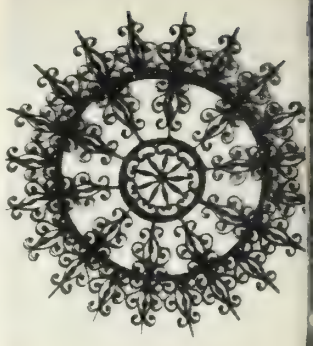
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SHOPPING AROUND



FILL A LAMP

Shell or treasure collection displayed to advantage in attractive glass ginger jar lamp, 19"h. including beige fabric pleated shade. Brushed brass-plated base, 3-way lighting, full inside wiring. $29.95 plus $5 post. Assorted shells to fill, $5. Wingspan, Inc., 213 W. State St., Media, PA 19063.



LACY LOOK

Reminiscent of alluring Spani lace shawls is this hand forg black wrought iron medallion adorn a wall. For patio or porc adds interest and character to w space. 27" diameter. $34.95 pp Catalogue, $1; refundable with der. Spanish Villa, HG6, 21 Zercher Rd., San Antonio, 78209.



COUNTRY SPLENDOR

Charming desk is copy of one found in England. Pull-out supports. Inside: 3 pigeon holes, shelf. Drawer has brass pulls. 39"h. by 36"w. by 18"d. (open, 28"d). Brown oak finish. $209.95. Shp. charges extra. Catalogue, $1. Bryan Robeson, Dept. HG-212, Rt. 10, Box 793, Hickory, NC 28601.

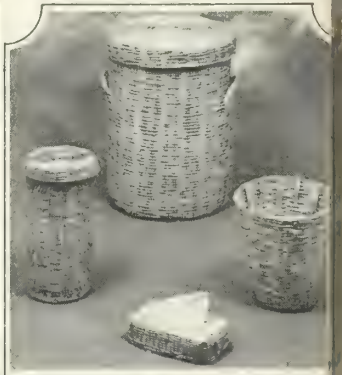


PEWTER WHIMSY

Amusing long-necked pewter raffe has a coy look that delig viewers where he's displaye desk or table top, curio shelf in table centerpiece. A 5"h. be ty, meticulously detailed. $13 plus 95¢ post. The Ferry Hou Inc., HG6, Briarcliff Manor, 10510.



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4 Piece Bath Set Hamper 13½" opening x 2 high • Wastebasket 11" opening x 10" high Tissue Box Cover • Toilet Brush Basket 7½" ope ing x 16½" high

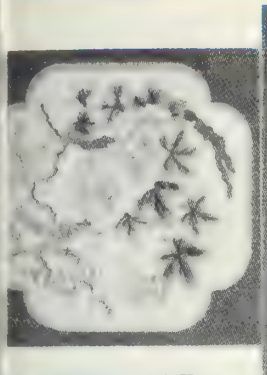
The set is just $10 95 plus $5 00 P & H

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SHOPPING AROUND IN GEORGIA





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PHOTO SHOWCASES

Frameless frames mounted with your borderless snapshot. Exclusive T-easel backs. Send 35mm, 110, 126 borderless photos to be mounted on hard board, gloss finish. Specify: 3½" by 3½", 3½" by 4¼", 3½" by 5", 3½" by 5½". Ea. $4.75 ppd. Matte finish add 50¢. Frameless Frames, HG6, Box 52728, Atlanta, GA 30355.



QUILT KIT

"A Few of My Favorite Things" child's applique quilt or wall hanging in bright multicolors. Designs: zigzag applique through 3 layers. 40" by 50". Complete kit, solid red backing, batting, $26 plus $1.40; top only, $18 plus $1.25. Catalogue 50¢. Ginger Snap Station, HG6, Box 81086, Atlanta, GA 30366.



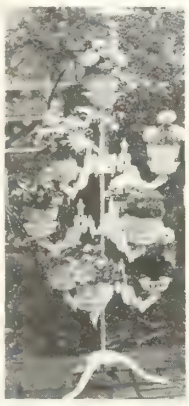
PATIO FURNITURE in lifetime aluminum. Finished white, shipped prepaid U.P.S. Settee 33" wide, $87.00; Arm Chair, $60.00; Coffee Table, $40.00; Flower Planter, $76.00. *Send $1.00 for Catalog of outdoor accessories, fountains, planters and garden plaques!*

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AFRICAN VIOLET STAND

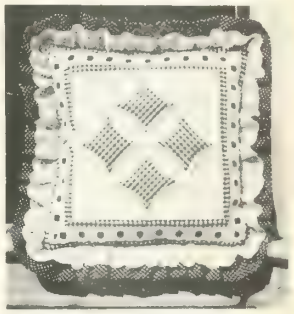


Has swinging arms extending out 11" to hold pots. Stands 42" high, of lifetime aluminum, finished in white. $55.20 via prepaid U.P.S.

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A new quilt-as-you-go Kit: **Country Cathedral Window Pillow.** The eyelet, ribbon, gingham and polka dot accent this beautiful design. Finished size approx. 16" square; available in either Red & White or Pink & White: **$12.95 ppd;** 12" x 12" Pillow Form: **$3.75 ppd.**

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FREE BOOKLET & PRICE LIST

PLEASE SEE NEXT PAGE FOR MORE SHOPPING AROUND IN GEORGIA

Since genetic male pattern baldness occurs in males, most women don't worry about preventing hair loss until it is too late. But hair loss, thinning and even balding are problems that occur in women very frequently, and many of these problems can be attributed to poor nutrition. As a nation we are eating more poorly each year, and along with that statistic comes increasing numbers of men and women with thinning hair.

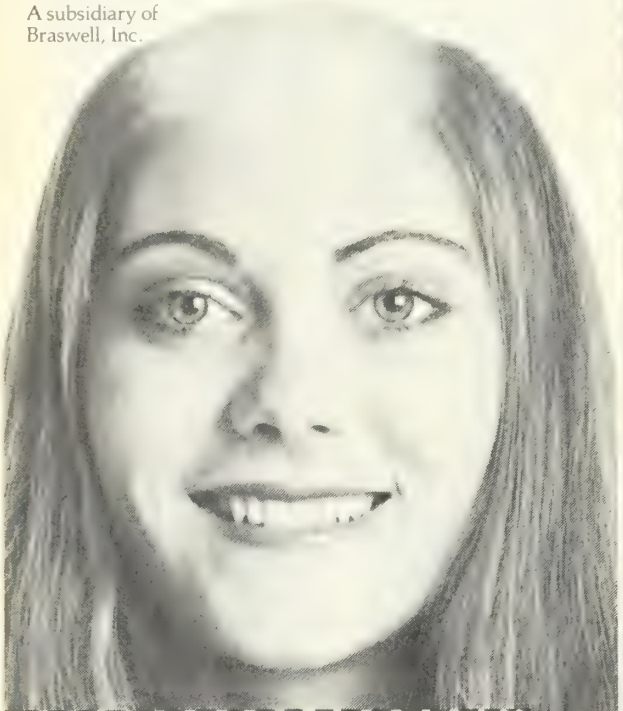
Along with this poor nutrition comes many nutritional hazards. Stress, smoking, pollution and even birth control pills deplete your hair of essential nutrients. And since hair grows seven times faster than other body cells, general nutrition is probably not adequate for your hair. And hair can't grow quickly without an ample supply of the right vitamins and minerals. That's why you need Head Start Vitamins for Your Hair. Head Start contains the eight vitamins and six minerals essential for healthy hair.

Head Start is not a magical baldness preventative. It simply feeds your hair the proper nutrients from the inside so that it will be beautiful on the outside.

As a woman you should be concerned about the nutrition of your hair. Make sure your hair gets the proper nutrients it needs to prevent this nutritional and beauty hazard with Head Start Vitamins for Your Hair.

Are you getting enough vitamins for your hair?

Cosvetic Labs,
A subsidiary of
Braswell, Inc.



(10110) ☐ Send _____ bottle(s) of Head Start Vitamins For Your Hair at $7.95 each plus $1.00 for handling.

I enclose my: ☐ check ☐ money order
Please charge to my: Card expiration date _____

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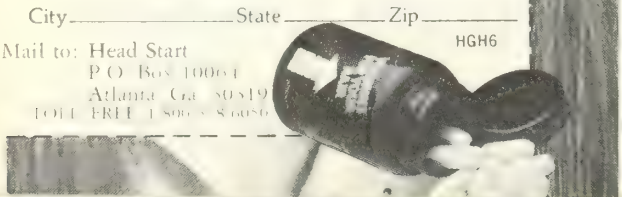
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Address _____

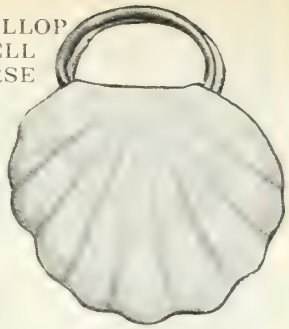
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SHOPPING AROUND GEORGIA

continued from page 161



OIL PORTRAITS

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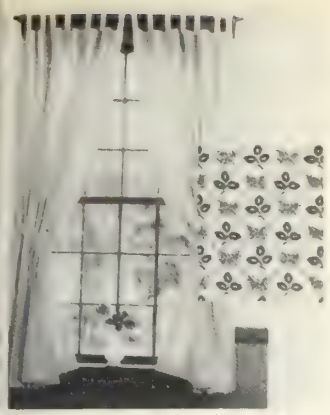
NAIL BEAUTY AIDS

The Nail System. Step I: vitamins known to help nail growth. $8. Step II: paint-on clear Protein Conditioner to protect without drying. $6. Both, $10.50. Add $1 post. Braswell, Dept. HG, Box 11627, Atlanta, GA 30355.



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"Susannah" tone-on-tone pattern by Waverly is an all-cotton tab curtain with tiebacks. In gold, blue, green or red. Pr. 80" wide. 45"L $38; 54" $40; 63" $44; 72" $46. Add $2 post. for each order. Catalogue is free; fabric samples are $3. Constance Carol, HG6, Box 899, Plymouth, MA 02360.



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For Father's Day or any special day of the year, a proud Dad will enjoy wearing a tie with his "name" on it. Polyester tie in navy, brown, or wine with "Daddy" lettering in white. Gift boxed in "Daddy Bag"; $10 ppd. Butch Hoffers, Inc., HG6, Box 7219, Beaumont, TX 77706.



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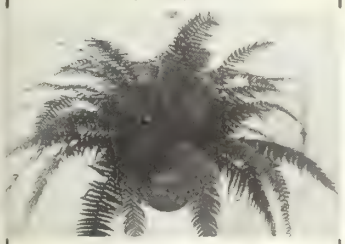
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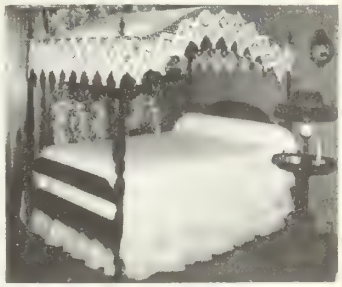
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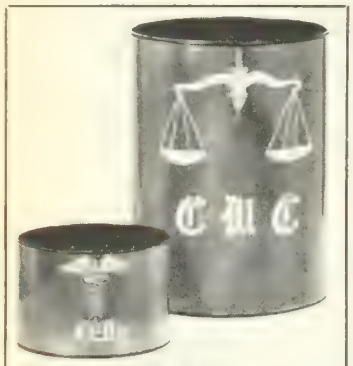


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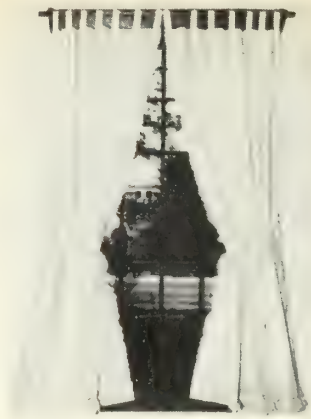
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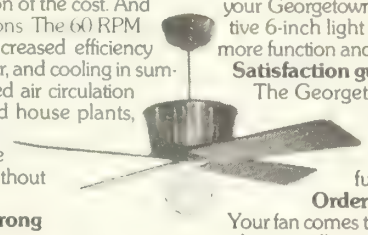
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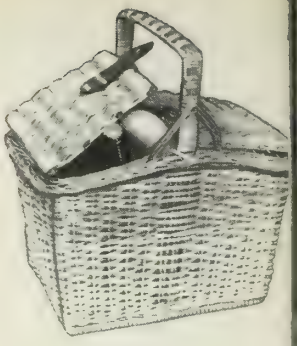
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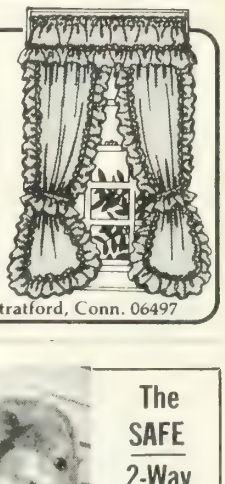
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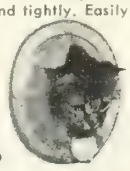


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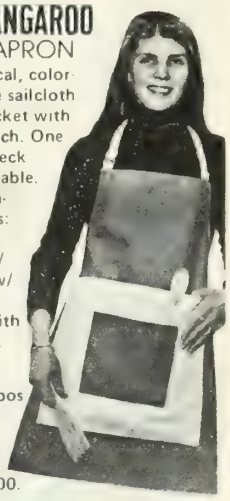
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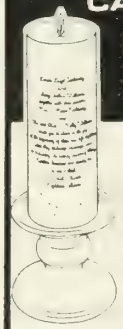
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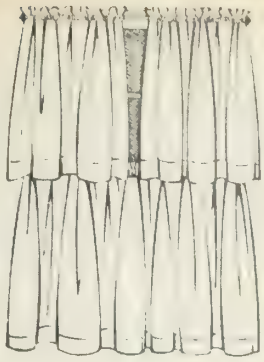
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LOWER CART PLANTER

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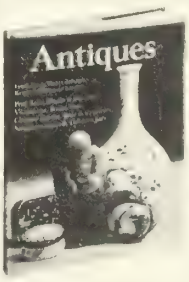
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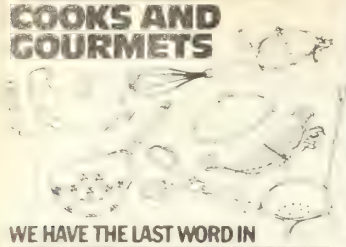
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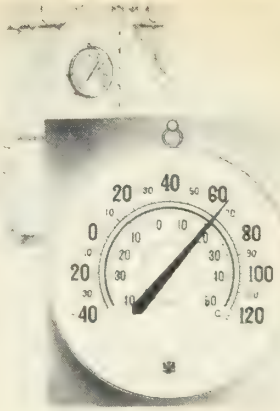
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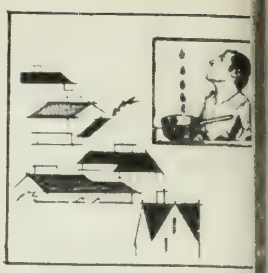


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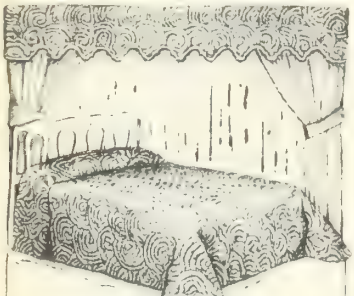
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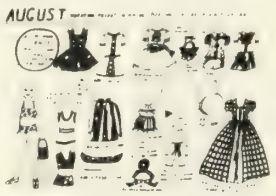
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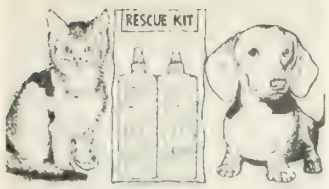
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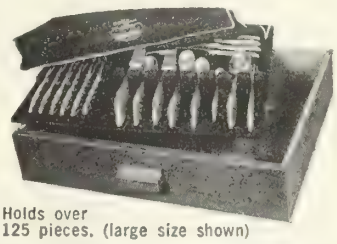
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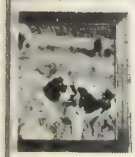
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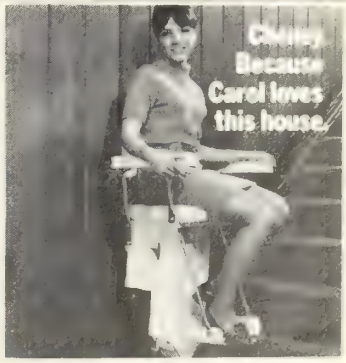
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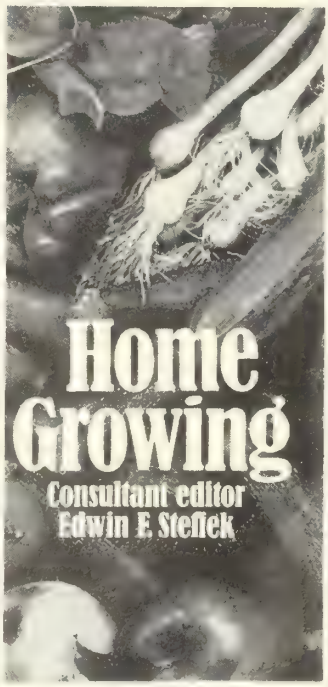
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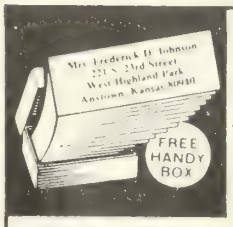
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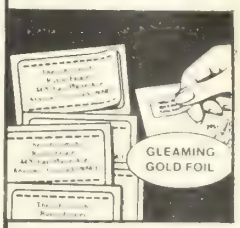
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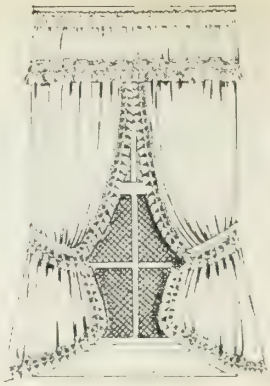
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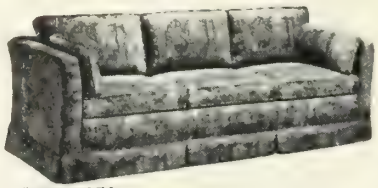


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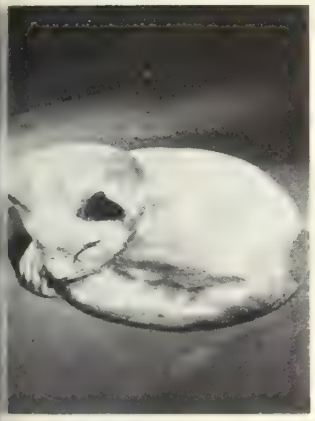
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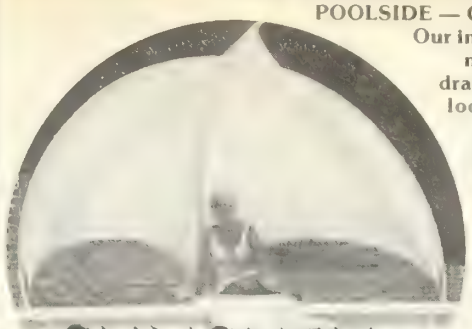


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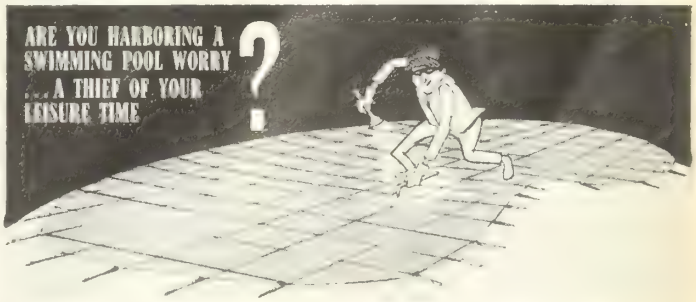


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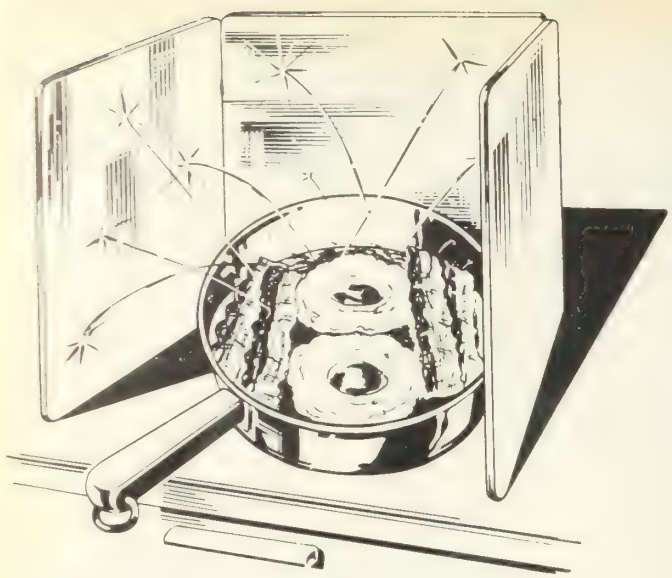


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You know how much fun it is to have someone **special** in your life. Someone you really love being with and someone who loves you back. The only problem is, where do you find a person like this? Up until now most of us have had to put up with the degrading atmosphere of single's bars, the uncertainty of blind dates, the dehumanization of computer dating. But not anymore. Now there's a far better way to meet someone to love. And you can learn all about it in the mind-opening new book GETTING TOGETHER.



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Now Eric Weber brings you his most helpful book of all. Here are just a few of the almost unbelievably effective ideas and techniques that will soon be bringing dozens of attractive new people into your life.

- **How to meet new people even if you're presently bogged down with a relationship that's going nowhere.**
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- **A simple, upfront way of letting someone know you're attracted to them without appearing weak or desperate.**
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GETTING TOGETHER will teach you a whole new way of getting people to open up to you warmly, spontaneously, **lovingly.** It'll even show you how to attract people who at first seem disinterested or cold to your advances. You'll learn an absolutely **foolproof** technique for keeping someone infatuated with you date after date after date . . . and how anyone can project a healthy natural sex appeal. Here are just a few of the ingenious techniques waiting for you in this revolutionary new book:

- How to get invited to more parties and what to do once you get there (not the same old things that make you angry and frustrated with yourself the moment you get home.)
- An easy-to-learn system for literally **tripling** your self-confidence when meeting new people.
- How to meet scores of fascinating, attractive people in places you'd least expect to meet them.
- A brilliant technique for making someone you like feel "special" when they're in your company.

If you'd like to meet someone to love, someone **special,** someone you can really and truly share your life with, send for GETTING TOGETHER today. It costs only $7.95 — far less than what you'd spend on a new outfit of clothes. Yet so much more of a help when it comes to attracting new people.

GETTING TOGETHER is not available in book-stores. Send $7.95 (+ $1.00 postage and handling) to: **Symphony Press, Inc., Corporate Headquarters, Dept. HG, 7 West Clinton Ave., Tenafly, N.J. 07670.** Or, charge on your Mastercharge or Visa/BankAmericard credit card. Send card #, expiration date, signature.

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TUMMY TRIM BRIEF

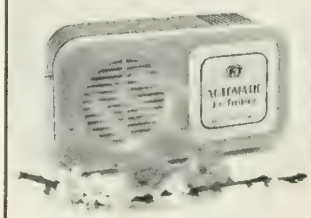
Has a special diagonal stretch material reinforced with unique criss-cross support. It feels as if muscles are concentrating a slimming action on tummy and waist with gentle lower-back support. Waist 24-34 $6.95; 36-44 $7.95. Add 60¢ post. Honor House Products, 173TD76, Lynnbrook, NY 11563.



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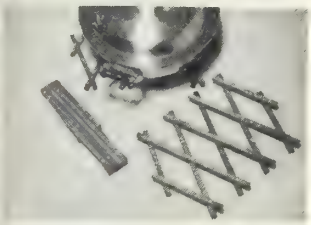
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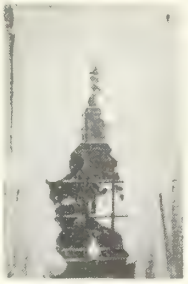
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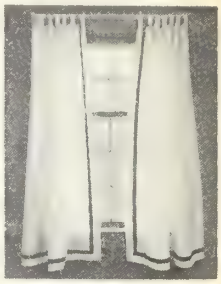
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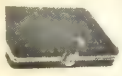
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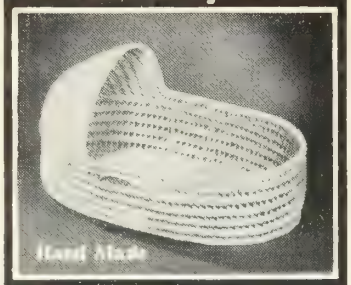
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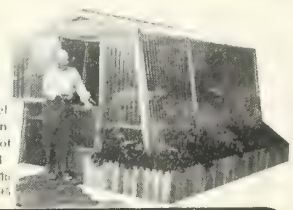
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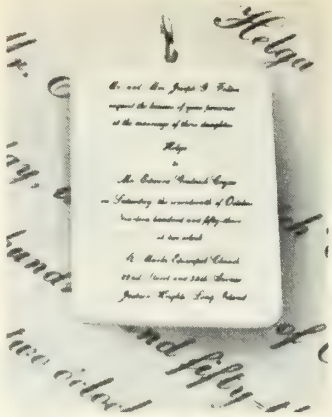
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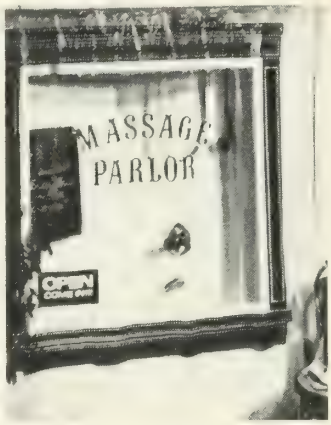
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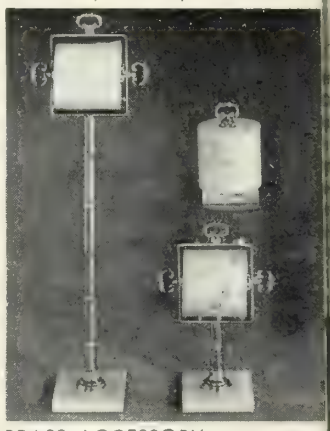
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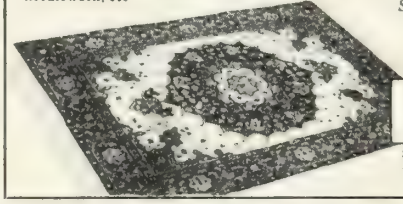
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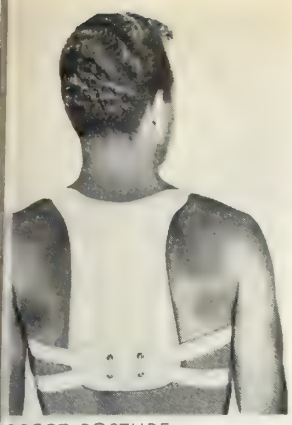
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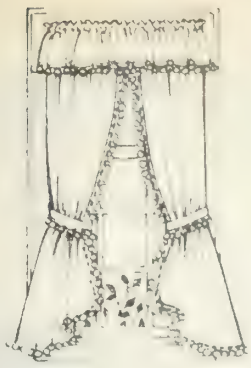


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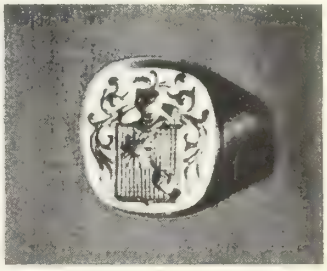
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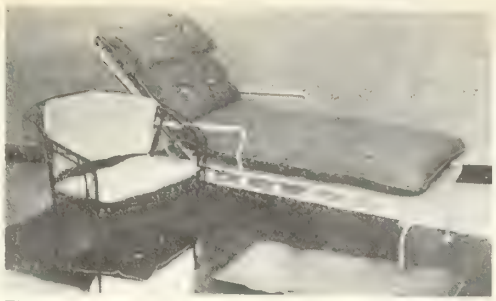
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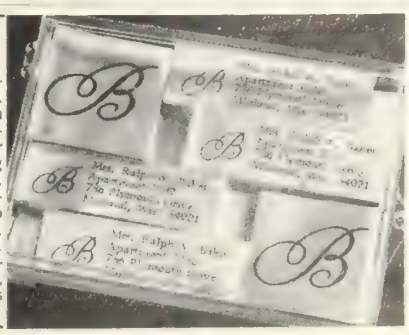
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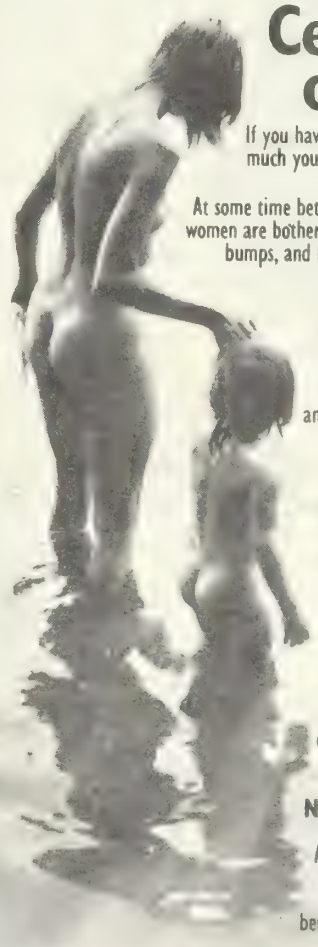
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BY JAMES FANNING



HERE COMES SUMMER

Rule-breaker gardens, a flowering shrub, greenhouse vines

Despise me not

In developing their herb garden (pages 94-97), Richard Holiman and Jacques Alschech had the invaluable assistance of Adelma Simmons, of the well-known Caprilands Herb Farm near Hartford, Conn.

Visitors to Caprilands can see 30 djs-play gardens that are small and full of ideas for the home gardener. There is a silver garden (House & Garden, December, 1975), two gray gardens, blue, gold, and white gardens, a Colonial garden, a Shakespeare garden, a saints garden (herbs having religious associations), a butterfly-shaped garden of culinary and fragrant herbs, a dye-plant garden, a strawberry garden, a sundial garden (for pondering time and 20 varieties of creeping thyme). One of Adelma Simmons's most amusing gardens is the rule-breaker, or out-of-fashion Victorian garden. "I decided to do a garden with plants people say they hate, and make them like it. I'm just ornery enough. What others can't abide, abides with me." She points out that people can be "very high hat about out-of-style cannas, cockscomb, amaranthus, bedded-out begonias, funkia, coleus, and such plants as variegated goutweed, weigela, and dogwood. You hear these funny comments as the garden clubs go through, and then everyone starts reminiscing and laughing." She also notes that though people may say magenta is a horrid color, "nature likes mauve and magenta." These shades, of course, are often the backbone of our native population of wild flowers—lythrum, bouncing bet, and Joe Pye weed, for instance. That means they are often troublefree, ready to flower, and multiply with no attention at all. And when it comes to color, who has the temerity to say that Botticelli and Monet were wrong in using their mauves and magentas?

Caprilands, on Silver Street, Coventry, Conn. 06238 is open to visitors every day from mid-April through December; reservations are needed for the daily lunch and lecture. Its list of herbs for ordering by mail is free for the asking.

Oriental beauty

One of the most useful of spring-flowering shrubs is *Enkianthus campanulatus*. A native of Japan and closely related to azaleas and rhododendrons, enkianthus has clusters of bell-shaped flowers before the leaves appear in spring. Yellow or pale orange, the flowers have red veins, from which we get the common name, red-vein enkianthus. Upright-growing, with leathery, laurel-like leaves, the shrub fits beautifully into a mixed planting, where the brilliant red leaves will stand out during the fall. Not fussy about soil or location, enkianthus is slow enough growing to require very little pruning. It's not exactly what you'd call common, but most nurseries will have plants available at planting time.



Enkianthus has dangling clusters of red-streaked yellow flowers in spring

Incredible plant list

Would you believe 60 different hoyas? Most house plant fanciers don't realize there are more than two or three kinds of this favorite greenhouse vine, but Hermine Stover grows 60 by name, and a few others for good measure. She *really* specializes in ferns, though, and her collection of these—mostly tropicals—is literally too numerous to mention. Calling her operation *Endangered Species*, Miss Stover produces hoyas, ferns, and a few other kinds of indoor plants for sale, growing them all in soilless mixes that make for easy, disease-free, easy-to-ship plants. Her price list is a mine of information. It may be had by sending a 13-cent stamp to Endangered Species, 6 Upland Ave., Dorchester, Mass. 02124. Also, anyone who happens to be looking for some special, hard-to-find plant should send the request, with a stamped, self-addressed envelope, to the same address. Chances are Miss Stover knows how to get it. ■

continued from page 152

did not take care of them and we moved, the reckoning would come when we tried to sell the house. If I did not take care of them and we stayed, they would exact their own revenge.

Mindful of these perils I began to clean with an ardor of which I would not have believed myself capable. But the more vigorously I waged war on the dirt the quicker I realized that the only victories are Pyrrhic, so I gradually resorted to trying to anticipate the dirt before it even appeared—rather like preventive medicine. I contritely remembered that in my arrogant youth, I once mocked my mother as "a cleaning fanatic," an insult she never forgot or forgave, and I was sure she would appreciate the justice of my paying for the epithet by inheriting it.

Where was my husband during all this? In the basement, where he had turned into a mole, or perhaps a beaver. He had inherited from the previous owner a leak in the basement, and like little Hans with his finger in the dike, my husband clearly was not available for vacuuming.

The subject of a cleaning woman inevitably came up and the quest began in earnest. I made inquiries, but soon discovered that most of the women in the area were mothers who stayed at home and cleaned their own houses. Of the two working women I asked, one used a nursing student with no phone and the other a teen-ager, who was lazy and ate everything in the refrigerator.

I prepared to panic until my next-door neighbor under merciless interrogation recalled that she had a friend who had a friend, etc., who used a cleaning service called Daisy Fresh.

"Sounds like a deodorant," I replied dubiously.

She concurred but continued, "As I remember, they send in four men for about two hours and they do anything you want in that time. They clean your house from top to bottom, but it costs around $30."

I reminded her that I had in mind a good-natured motherly type who would come a half-day a week and simply keep the ship afloat, while I attended to the finer points, like polishing the candlesticks. The prospect of a bimonthly blitz by a small army seemed too much for the needs and the nerves.

But since there were no alternatives, I decided to call Daisy Fresh, consoling myself with its impersonality. At least I wouldn't feel I had to clean for them first and I wouldn't be afraid to tell them what to do, as with my cleaning women in the past, who invariably inspired paroxysms of middle-class guilt. But Daisy Fresh had apparently gone stale and was out of business, so in desperation I turned to the Yellow Pages where I discovered a national service.

When I called my local franchise, the simpatico female voice on the other end told me that all their employees are bonded (insured against theft or breakage), that there are two men who bring their own cleaning agents and professional equipment, and that they charge $6 a room, $3 for powder rooms and halls. This includes "high and low" dusting (moldings, window frames, cobwebs, etc.), vacuuming under and behind furniture (which they move), as well as the upholstery, and removing spots. In the kitchen they also wash the floor, clean countertops and the outside of appliances, and dust the cabinets. They sanitize the bathrooms and wash the tiles and mirrors.

There is an extra charge for such extras as cleaning the oven ($6 and up depending on how dirty it is), washing windows ($4 each with storms), and washing the carpet (13¢ a square foot). I mentioned that I also wanted them to wash the muddy basement floor, and she said that special projects of that nature cost $24 an hour for two men. (All these prices vary slightly according to the franchise and the region.)

I did some quick figuring and the total came out to considerably more than I had planned, but for the basics not much more than what I would pay one person half-a-day a week as I had originally anticipated. I decided to try it and if I was satisfied have them come once a month.

On the appointed day (having cleaned up beforehand just like old times), I greeted at the door Larry and Steve, who barely looked old enough to clean their own rooms never mind my house, but proved surprisingly efficient. They began by hauling their miscellaneous vacuums, mops, and bottles out of the van. Then I showed them around and Larry, who was in charge, decided how they would split up the labor.

Steve made a beeline for the bedroom while Larry headed for the basement. I decided the bedroom would be more interesting, so I followed Steve and watched him as he dusted with a treated cloth which contained a polishing agent. I could tell he was experienced but not enthusiastic about dusting, particularly when it came to knickknacks, which he told me would be extra. So I dusted them myself and shook out the dresser doily so he could dust underneath, cleaning along, you might say, which I dimly acknowledged in the back of my mind was not the point at all. But I noted with approval that he meticulously dusted the window frames and moldings and vacuumed behind and under the furniture as promised. And he really came to life in the bathroom, scrubbing the tiles, polishing the chrome, and drenching everything in Lysol.

Larry and I met again in the kitchen where he was dusting my cupboards, having swabbed the basement floor for an hour ($12) as requested. I asked Larry who his customers were and he explained that they cleaned once or twice a month primarily "for upper middle-income women with a lot of small children who can't keep up with the house. Some of the kids' rooms are unbelievable. Toys all over. You don't even know where the kid sleeps. We have quite a few working women, too."

Not surprisingly he felt there were definite advantages to contracting with a cleaning service as opposed to employing an individual. "We're more dependable and more thorough," he claimed. "We get the spots an ordinary cleaning woman wouldn't. And we dust everywhere—doors, windows, picture frames."

There is basically nothing they won't clean for a price, and as Steve cheerfully remarked, "Sometimes we'll clean something for free, just because we're nice." Larry hastened to add that they don't make beds or wash the dishes, but I got the impression that these tasks, too, would be subject to negotiation.

Four hours and $60 later (plus tip) I was much poorer, but my house was much cleaner. TV commercial clean, to the point that it didn't seem fit for human habitation. My only specific complaints were the disdain of my knickknacks, the overlooking of the toothbrush holder in the bathroom, and a general aversion to fussy cleaning of surfaces. They appear to thrive on heavy cleaning, especially if there is a lot of dirt. As Larry philosophically observed, "It's more fun to clean a dirty house than a clean one, because it looks so much better after."

Their kind of service is ideal, I think, for the woman with a lot of kids and a lot of money or a couple of kids and a job, who needs to be dug out of a disaster regularly. But for a smaller family, more frequent lower-grade maintenance makes the most sense.

So I decided to engage the nursing student without a phone, who eventually got a phone. She comes once a week for a half-day and cleans energetically for only $3.50 an hour. She's no match for Steve and Larry, of course, but while the house may never get really clean, it never gets really dirty either.

I've become more philosophical about taking care of the house and, as a result, about where I live. I see my city-suburbs conflict now as artificial, as I am privy to the advantages of both. I have to pay a price, commutation, but that railroad track is also the cord connecting my two disparate and desired worlds.

The fear of change, or the fear of moving, is the fear of losing control of one's life. The dirt represented in my mind all the house's imagined needs and demands that I could not possibly satisfy, all the impositions that encroached upon my time, as surely as the water that once encroached upon the basement floor and my husband's time. The trick is not only learning to hold back the real chaos in the house but the imaginary chaos *we* impose upon it in our minds. ■



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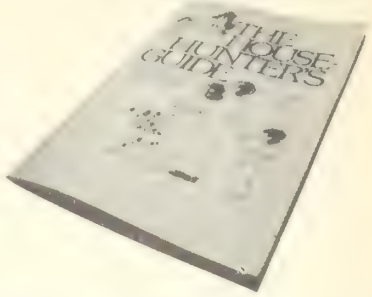
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